

ATMADARSHAN PROGRAMS AND RETREATS

January to December 2014

1. Programs listed here are open to people of all religions and walks of life, unless otherwise specified. Also please note the new rates in payment of fees.
2. Registration (Rs. 200/- per Course or Retreat) and Course or Retreat Fee (Rs. 100/- per day), are non-refundable. Board, Rs. 200/- per day, can be paid on arrival.
3. Make all DD's in favour of Atmadarshan payable at Patna.
4. Atmadarshan will remain closed for maintenance from 23rd July to 4th August, both days inclusive.

1. ATMADARSHAN EXPERIENCE (A Five Month Diploma Course)

Atmadarshan Staff and Associate Resource Persons

Dates: 5.00 p.m. January 15 to 5.00 p.m. May 25

(Registration and Course Fee: Rs. 20,000/-, Board and Lodging: Rs: 28,000/-)

Total Cost: Rs: 48,000/- (20 Seats)

Every human person is a composite of body, heart, mind, and spirit, open to oneself, others, cosmos, and the divine. An integration of these aspects of the human person is essential to bring about peace and harmony with oneself, others, cosmos and the divine. Making use of AMR (Awareness Meditative Relaxation) the five month Atmadarshan Experience facilitates those, who are in helping ministries, in their own personal integration and provides them with skills for facilitation and animation of individuals and groups in the movement towards holistic integration.

N. B. The last date for receiving completed application for the coming year will be 30th September. Prior to the completion of admission process every candidate should attend any one of the Atmadarshan programs listed below. Only those who have completed one of the courses given below will be eligible for the Atmadarshan Experience.

1. Integral Counselling and Psychotherapy (item no. 2)
2. Understanding Oneself: Depth Awareness Retreat (item no. 4)
3. Journey to Freedom Retreat (item no. 7)
4. A Journey into Faith and Faithfulness in the Bible (item no. 10)
5. Holistic Awareness Retreat (item no.11)
6. Training in AMR and Retreat (item no. 12)
7. Journey toward Wholeness and Retreat (item no. 13)
8. Holistic Integration Retreat (item no. 14)
9. Discovering Your Inner Teacher (item no. 15)
10. Workshop on Spiritual Exercises and Retreat (item no. 19)
11. Workshop on Leadership and Retreat (item no. 20)
12. Workshop on Discernment and Retreat (item no. 22)

2. INTEGRAL COUNSELLING AND PSYCHOTHERAPY

Fr. Tony Mattapally, S.J

Dates: 5.00 p.m. January 22 to 5.00 p.m. January 30

This eight days programme will make use of modern findings of depth psychology, awareness therapies meditation therapies, trance experiences, focusing, imagery, colour, and light to bring about integral healing and growth process in the participant. Each day will start with a directed meditation, which will be the basis for counselling and psychotherapy during the day. Each day's experience will be integrated into evening Eucharistic celebration. The entire programme will be geared to greater personal healing, growth, and integration. The programme is especially meant for those who need help in their emotional and stress-related problems.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 2600.00) (24 seats)

3. WORKSHOP ON NATURE MEDICINE AND RETREAT

Fr. J. Mellokunel, S.J.

Dates: 5.00 p.m. February 02 to 5.00 p.m. February 12

It has been found that for every disease there is a God-Given Natural Remedy. Based on this principle the first part of the Program is a workshop on Nature Medicine that helps the participants to experience natural remedy for various diseases and trains them to prepare a Herbal Health Kit for strengthening the immune system and bringing about holistic healing for individuals, groups, and families. The retreat that follows will integrate the experiences of the workshop in the context prayer and meditation.

(Registration and Course Fee: Rs. 1200.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3200.00) (20 seats)

4. UNDERSTANDING ONESELF: A JOURNEY INTO DEPTH AWARENESS

Fr. A. Puthumana, S.J.

Date: 5.00 p.m. February 15 to 5.00 p.m. February 25

Using the discoveries of Jung in depth psychology and its application to one's own personality type the retreat aims at depth knowledge of one's being, behaviour and motivation, thus leading to inner integration and wholeness of the person. The first part of the retreat will be a workshop on 'Myers-Briggs' Personality Inventory (MBTI). The second part will try to integrate the insights of this typology through guided imagery, prayer, meditation, etc.

(Registration and Course Fee: Rs. 1200.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3200.00) (20 seats)

5. EIGHT DAYS RETREAT

Fr. R. Schmidt, SJ

Dates: 5.00 p.m. Feb 27 to 5.00 p.m. March 07

With the help of guided prayer and meditation to set the theme for each day, the retreat will attempt to help the participants to enter into a deeper union with Christ that they may know Him, love Him, and follow Him more closely.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)
(Total Cost = Rs. 2600.00) (20 seats)

6. HOLY WEEK BIBLICAL RETREAT

Fr. Pius Thekemury, S.J. and Sr. Valsa, H.C.

Dates: 5.00 p.m. April 08 to 5.00 p.m. April 16

Remembering the story of Jesus, His life, death and resurrection, and experiencing the love behind it, we listen to and contemplate the story afresh. As we do this we become attentive to what is awakened in us as we gradually become His story witnessing to this Love in our life and ministry.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)
(Total Cost = Rs. 2600.00) (24 seats)

7. JOURNEY TOWARD FREEDOM RETREAT

Fr. J. Kootinal, S.J. and Sr. Aruna, F.C.C.

Dates: 5.00 p.m. May 1 to 5.00 p.m. May 11

This is a ten days inner journey of faith leading to self-esteem, which is most essential for a happy and holy life. Lack of self-esteem makes people unhappy and is generally responsible for their lack of love toward God, others and themselves. The Journey to Freedom seeks to enable people to rejoice in their own being.

(Registration & Course Fee: Rs. 1200.00) (Board and Lodging: Rs. 200.00 per day)
(Total Cost = Rs. 3200.00) (24 seats)

8. EIGHT DAYS RETREAT

Fr. J. Velamkunnel, S.J.

Dates: 5.00 p.m. May 26 to 5.00 p.m. June 03

With the help of guided prayer and meditation to set the theme for each day, the retreat will attempt to help the participants to enter into a deeper union with Christ that they may know Him, love Him and follow Him more closely.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)
(Total Cost = Rs. 2600.00) (20 seats)

9. EIGHT DAYS RETREAT

Fr. Alwyn D'Souza, S.J.

Dates: 5.00 p.m. June 07 to 5.00 p.m. June 15

With the help of guided meditation to set the theme for each day, the retreat in an Ignatian pattern will attempt to help the participants enter a deeper union with Christ that they may know Him, love Him, and follow Him more closely.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)
(Total Cost = Rs. 2600.00) (20 seats)

10. A JOURNEY INTO FAITH AND FAITHFULNESS IN THE BIBLE

Fr. Pius Thekemury, S.J.

Dates: 5.00 p.m. June 18 to 5.00 p.m. June 26

United with the universal Church in this YEAR OF FAITH we come together to share our life of faith, its ups and downs, lights and shadows. We also get inspiration from the faith of biblical models like Abraham, Joseph, Moses (OT) Mary, Joseph, John the Baptist, Paul and Jesus (NT). These days of quiet prayer will open our hearts and minds and empower us afresh to enter into a deeper life of faith and faithfulness.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 2600.00) (24 seats)

11. HOLISTIC AWARENESS RETREAT

Frs. J. Kunnumpuram, S.J. and R. Schmidt, S.J.

Dates: 5.00 p.m. July 10 to 5.00 p.m. July 22

These twelve days will be utilised for holistic awareness of one's own person as body, heart, mind, and spirit open to oneself, others, cosmos, and the divine for an experience of the Eternal Spirit dwelling in the core of one's heart. The first seven days will be for personal growth, awareness, healing, empowerment, and spiritual integration. The following five days will be for reaping the fruits of the holistic awareness in deep silence to experience the good news of Jesus for a joyful and fruitful life. There will be opportunity for personal direction during the course of the retreat.

(Registration and Course Fee: Rs. 1400.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3800.00) (36 seats)

12. WORKSHOP ON HOLISTIC HEALTH AND RETREAT

Fr. J. Kunnumpuram, S.J. and Sr. Josita, SCN

Dates: 5.00 p.m. August 05 to 5.00 p.m. August 17

The Workshop on Holistic Health is designed to help participants to optimize their body/mind/heart/spirit wholeness using AMR (Awareness Meditative Relaxation) as a therapeutic tool. During the Workshop the participants are helped in the healing of anxiety, fear, guilt, hurt, sadness, resentment, anger, dislike, hatred, disappointment, frustration, and depression. Once these negative feelings are released, one experiences positive feelings of love, peace, and joy, the gifts of the Holy Spirit. AMR is also used in the reduction of stress and in the treatment of stress-related chronic illnesses. AMR is also highly effective in cleansing negative thought patterns and images that diminish the joy of living. The Holistic Health Workshop will be followed by five days of directed retreat in deep silence to experience union with Christ for a total self-gift in one's personal life and ministry. .

(Registration and Course Fee: Rs. 1400.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3800.00) (36 seats)

13. JOURNEY TOWARD WHOLENESS AND RETREAT

Fr. R. Schmidt, S.J. and Sr. Nirmala, PVBM

Dates: 5.00 p.m. August 20 to 5.00 p.m. August 30

This retreat makes use of the insights of Eric Erickson's eight developmental stages and helps the participants to explore life's hurts and come to inner healing and wholeness through awareness and healing exercises, meditation, prayer and silence.

(Registration and Course Fee: Rs. 1200.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs.3200.00) (36 seats)

14. HOLISTIC INTEGRATION RETREAT

Fr. J. Kunnumpuram, S.J. and Suchita, O.S.U.

Dates: 5.00 p.m. September 02 to 5.00 p.m. September 12

Holistic Integration Retreat is designed to bring about integral human liberation. In this process the rich resources of the conscious self, the unconscious self, and the deeper self are activated to bring about healing, empowerment and spiritual integration. The methodology consists of a unified spiral movement of relaxation, focusing, absorption, identification, integration, divine union leading to true love, joy, and peace. This will help the participants to go deep into authentic prayer, meditation, contemplation and even true enlightenment. The whole processing will be followed by a contemplative retreat to experience the good news of Jesus for all creation.

(Registration and Course Fee: Rs. 1200.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3200.00) (36 seats)

15. DISCOVERING YOUR INNER TEACHER AND RETREAT

Fr. Tony Mattappally SJ, Sr Shaila, SCSC

Dates: 5.00 p.m. September 15 to 5.00 p.m. September 25

Listening to the inner guide and responding to God from within, using the language of symbols, dreams, and intuition this program leads a person to further awakening, healing, empowering and integration of the person for an effortless life journey.

(Registration and Course Fee: Rs. 1200.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3200.00) (24 seats)

16. DHYAN SADHANA - EIGHT DAY RETREAT

Fr. Joe Pithekar, S.J.

Dates: 5.00 p.m. September 28 to 5.00 p.m. October 06

It is a full eight day retreat incorporating elements from Vipassana and Centering Prayer, with six conducted meditations, Mass and a Satsang each night. Small group meditations are also conducted so that the participants learn the method well. The retreat is meant to lead people to the prayer of silence.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 2600.00) (40 seats)

17. EIGHT DAYS RETREAT

Fr. J. Vellaringatt, S.J.

Dates: 5.00 p.m. October 08 to 5.00 p.m. October 16

With the help of guided meditation to set the theme for each day, the retreat in an Ignatian pattern will attempt to help the participants enter a deeper union with Christ that they may know Him, love Him, and follow Him more closely.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 2600.00) (20 seats)

18. EMMANUEL EXPERIENCE

Fr. Pius Thekemury, S.J.

Dates: 5.00 p.m. October 18 to 5.00 p.m. October 26

In this eight day retreat - Emmanuel Experience - our guide is Mathew the Evangelist. His gospel will lead us to have a taste of how Jesus experienced God's Love and made God present to all those who came in contact with Him so that we can become the stories of Jesus today.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 2600.00) (20 seats)

19. WORKSHOP ON SPIRITUAL EXERCISES AND RETREAT

Fr. J. Vellaringatt, S.J.

Dates: 5.00 p.m. October 29 to 5.00 p.m. November 08

The Spiritual Exercises of St. Ignatius of Loyola provides all those who desire to advance in the path of spiritual life a unique tool to attain spiritual freedom so as to be able to seek the will of God and do it. The course aims at presenting the dynamics of the Spiritual exercises leading to inner healing, both emotional and spiritual, and at times even physical. It leads one to a mystical experience of union with God which would express itself in loving service and enables one to be contemplative in action.

(Registration and Course Fee: Rs. 1200.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3200.00) (24 seats)

20. WORKSHOP ON LEADERSHIP AND RETREAT

Fr. A. Puthumana, S.J.

Dates: 5.00 p.m. November 11 to 5.00 p.m. November 23

The twelve-day workshop with retreat is specially intended to train leaders for congregations, provinces, communities, schools, pastoral and social ministries, grass root work, health services, etc. The days of workshop will impart skills of leadership and management in the context of religious governance and ministerial animation. The emphasis will be on awareness, interpersonal skills, planning, organisation and partnership in decision making. The second part will be a retreat aimed at personalising and internalising the understanding gained through the workshop so as to be an effective leader in the context of our commitment to Christ

and to the gospel message.

(Registration and Course: Fee Rs. 1400.00.) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3800) (24 seats)

21. ADVENT RETREAT

Fr. Pius Thekemury, S.J.

Dates: 5.00 p.m. November 27 to 5.00 p.m. December 05

We and the entire creation are groaning for the birth of Christ in our hearts and the heart of our environment: a biblical ecological journey with the spirit to reconnect ourselves to the roots of our being and with our environment.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 2600.00) (20 seats)

22. WORKSHOP ON DISCERNMENT AND RETREAT

Fr. J. Vellaringatt, S.J.

Dates: 5.00 p.m. December 08 to 5:00 p.m. December 18

The Spiritual Exercises of St. Ignatius of Loyola contains the famous Rules for the Discernment of Spirits. The Course aims at explaining the Rules so that one can discern the movements of the various spirits within oneself resulting in a life lived under the guidance of the Spirit of God. These Rules are also a great help in finding the will of God in the concrete situations and circumstances of life.

(Registration and Course Fee: Rs. 1200.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 3200.00) (20 seats)

23. EIGHT DAYS RETREAT

Fr. R. Schmidt, S.J., and Sr. Monica, SCSC.

Dates: 5.00 p.m. December 27 to 5.00 p.m. January 4

With the help of guided prayer and meditation to set the theme for each day, the retreat will attempt to help the participants to enter into a deeper union with Christ that they may know Him, love Him, and follow Him more closely.

(Registration and Course Fee: Rs. 1000.00) (Board and Lodging: Rs. 200.00 per day)

(Total Cost = Rs. 2600.00) (36 seats)

RECOMMENDATIONS TO PARTICIPANTS:

1. Unless otherwise specified the Retreatants will be given opportunity for personal guidance in each of the retreats.
2. Many of the retreats and other courses incorporate relaxation exercises as part of the guided meditation in the morning. So the participants are requested to bring loose clothes. e.g. salvar-kameej, pajama-shirt for the meditation. All programmes begin at 5.00 p.m. of the starting day and participants are to report, at the latest, by 5.00 p.m. on the opening day. Programmes will end at 5.00 p.m. on the last day. Therefore you can plan your return journey accordingly.
3. In case of workshops you are requested to bring sufficient writing material for the work. A

copybook is needed for any retreat.

4. You need to bring your own towel, toilet articles, and other personal effects only. Rooms are provided with bed linen, mosquito net, blankets etc.

REGISTRATION AND COURSE FEES:

1. Advance payment of the Registration Fee (Rs. 200/-) is the ONLY way of reserving seats.
2. Course Fee (Rs. 100/- per person per day) and Board and Lodging (Rs. 200/- per person per day) may be paid on arrival for the program. (This is subject to change depending on the cost of living index.)

USE OF ATMADARSHAN FACILITIES:

When rooms are available individuals or groups can have days of recollection, renewal, retreat, etc. with their own directors at Atmadarshan. Registration for the same has to be done in advance with the Administrator.

- | | |
|-------------------------------------|------------------------------|
| 1. Non-refundable registration fee: | Rs. 200/- per course/retreat |
| 2. Board and lodging: | Rs. 200/- per person per day |
| 3. Use of facilities: | Rs. 50/- per person per day |

If the director is an Atmadarshan Staff, the normal payment will be required:

1. Non-refundable registration fee: Rs. 200/- per program
 2. Course fee: Rs. 100/- per person per day
 3. Board and lodging: Rs. 200/- per person per day.
- (The above rates are subject to change depending on the cost of living index.)

TRANSPORTATION:

If you come to Patna Junction by train, you can take a shared auto-rickshaw to Kurji Mode and then from there take another shared auto to Asiana Road, Digha Ghat. From Digha Ghat take another shared auto along Asiana Road to Atmadarshan Main Gate and reach Atmadarshan. If you reserve a pre-paid auto-rickshaw from Patna Junction, ask for Atmadarshan on Digha Ghat-Asiana Road near Don Bosco School, Digha Ghat. It may cost you Rs. 150/- to 180/- to reach Atmadarshan.

If you arrive by plane and land in Patna Airport, take a pre-paid taxi to Atmadarshan, Digha Ghat-Asiana Road, near Don Bosco School, Digha Ghat. It may cost you about Rs. 500/- to reach Atmadarshan.

CORRESPONDENCE:

Address all correspondence to:

The Director,

Atmadarshan

Digha Ghat, P.O.

Patna- 800 011, Bihar, India

Phone (0612) 2560537

Mobile 9430032436; 9430212655

E-mail: adarshansj@gmail.com

Website: www.atmadarshanpatna.org