



foundation Course for facilitators

Facilitator: Ameeta Mehra

15th August onwards

This short course will run for a year and aims to evoke in the participants a true knowledge and attitudes of an integral facilitator - one whose teaching emanates from self-learning. The course methodology is summarised in these words: Learning from Within.



The student group comprises of 21 professionals from the fields of education, management, social change and development work, jurisprudence, art, parenting. The age group is between mid-20s to mid-40s. This diversity has been possible as the course does not limit the term 'facilitator' to a specific profession or job. Any person responsible - to any degree, and in any manner - for another's learning, is seen as a facilitator.

The first session invited the students to identify their own individual key to progress - an aspect of their nature that called for attention as it repeatedly proved a stumbling block to their progress.

In the following sessions, this theme was further developed through sharings and presentations by the students based on their inner work during the intervening period. In addition, each time a different aspect of the human being was taken up and students invited to opt for researching into a particular area and making a presentation. The areas covered thus have been:

- The Vital

- What is the Vital
- Vital Mind
- Emotional Vital
- The Lower Vital

- The Mind

- An Overview of the Mind
- Mind Proper
- Training of Mental Faculties
- Concentration
- Conditioning and Deconditioning of the Mind
- Silencing the Mind

The presentations have involved, as well as further facilitated, certain exercises to assimilate the concepts and to integrate in one's own practice according to each one's needs for progress.

Simultaneously, the facilitator has presented concepts about true facil-



tation, and helped the students to reflect on what is true learning, how does it take place, what are the important learning stages that one must integrate in one's planning.