



Explorations towards a **NEW CREATION OF THE SELF**

Facilitator: Ameeta Mehra

Credits: 32. One year. Code: NCSO

Ameeta Mehra (Chairperson, The Gnostic Centre) has studied and received guidance in Sri Aurobindo and the Mother's Integral Yoga (from 1988 to 2000) under Dr. Nirodbaran (Literary Secretary & Personal Attendant to Sri Aurobindo). With a background in integral yoga philosophy, integral education, and management, Ms. Mehra has facilitated several courses, as well as authored books and articles on these subjects. Ms. Mehra has done the Business Management (MEP) from IIM Ahmedabad, and an Equine Management Diploma (Gold medalist) from Ireland.

Program Brief

The program on the 'New creation of the Self' explores the future possibilities of individual and collective growth towards a new vision. This change to a new consciousness is effected through use of the powerful faculty of Imagination and the inner psychological attitudes like aspiration, will, faith, trust and prayer. This is a path-breaking program towards imbibing knowledge through the faculty of imagination which unlike the faculty of memory has not been explored in academia. The students also learn ways to deepen, widen and intensify the consciousness. The aim is to create a new inner psychological foundation for viewing and engaging with the problems/issues of individual and societal progress.

Program Objectives

- To develop Tools for a New Vision of the Future for the Individual and Society
- To use the faculty of imagination as a formative power
- To develop inner psychological attitudes
- To inwardise, intensify and expand the consciousness
- To explore the role of the individual to bring about a shift in Society



Course 1

Attitudes and Faculties for a New Creation (16 Credits)

1. Developing the faculty of Imagination as a basis of New Creation (15 days)
 - To explore the nature of imagination and its role in new creation
 - To explore the relationship between imagination and faith
 - To learn to use the formative power of imagination

2. Understanding the role of Faith and Trust in the formative power of Imagination (15 days)
 - To understand the relationship between imagination and aspiration and the nature of aspiration at different levels of consciousness
 - To understand the relationship between imagination and equanimity and learn to practice equanimity in daily life
 - To comprehend the relationship between faith, trust and imagination and practice it

3. The Power of Will (15 days)
 - To understand the nature of Will
 - To learn to use Will in unification of the being and change of nature
 - To learn how to make a true offering of the Will
 - To understand the necessity of patience, sincerity and perseverance while attempting to change the nature through use of Will

4. Aspiration and Desire – the need for Unity (15 days)
 - To understand the difference between aspiration and desire
 - To understand and practice the true renunciation of desire
 - To understand the need for surrendering your character and learn to offer your being to the Divine

5. The Power of Prayer in the Illumination of Knowledge and the removal of Obstructions (15 days)
 - To understand the role of Agni, Indra and Soma in growth of consciousness
 - To explore the power of prayer in the new creation of consciousness
 - To understand the need for prayer and learn how to pray
 - To understand the relationship between prayer and aspiration

6. Assimilation & Assessment (15 days)



Course 2

Transforming the Character, Mind and Body (16 Credits)

1. Transformation of Character: Understanding Atavisms and the role of the Subconscious (15 days)
 - To understand the role of endurance in converting the vital character
 - To learn about the signs of a converted vital character and develop requisite attitudes that can help in the process of vital conversion
 - To understand how the atavisms emanating from the subconscious affect our vital character and find ways to be free of these subconscious influences

2. Transformation of the Mental: Envisioning a New Future: the limitation of Preconception and Prejudice (15 days)
 - To understand and practice the two higher poises of the being that can help in the new creation of consciousness
 - To understand the limitations of human reason, mental preconceptions and prejudice in envisioning a new future
 - To learn to move beyond the human mental limitations, and understand how to overcome the adverse forces

3. The Nature of the Body and the Need for its Perfection (15 days)
 - To understand the need for the perfection of the body
 - To find the right attitude with which to pursue physical culture
 - To find the methods of developing the physical consciousness and practice them
 - To awaken the aspiration for the Divine in the body
 - To understand the inconscient nature of the body and consider the possibility of its transformation

4. Refinement and Culture of the Physical Consciousness (15 days)
 - To explore the methods and processes of refining the physical consciousness i.e. the tapasya of beauty
 - To explore the possibility of a transition from the lower to a higher outlook, aspiration and motive
 - To understand the need for seeking perfection in all domains of human activity and sublimate them into new forms and powers
 - To understand the key to the mystery of human existence and explore if the inconscient can be a dwelling place and an instrument of a secret Consciousness



5. Transformation of The Self and Society: New Forms and Powers (15 days)

- To understand the nature of interaction between the individual and the society in terms of their mutual interdependence
- To examine the deformations of Truth that ensue if there is an exclusive focus only on either the societal progress or the individual progress
- To find ways to gain a true balance when faced with the conflicting demands of the individual progress and the community in which one lives
- To examine the conditions for the emergence of a new society and the new social forms and individual psychological powers that are needed to manifest it

6. Assimilation & Assessment (15 days)

7. Monograph (122 days)

This Monograph is based on combined learnings from both the Courses (Attitudes and Faculties for a New Creation & Transforming the Character, Mind and Body).