



## Integral Development

An experiential workshop on Sunday, December 18<sup>th</sup> 2011

### Overview:

*"The condition in which men live upon earth is the result of their state of consciousness. To want to change the conditions without changing the consciousness is vain chimera."*

*From the Works of Sri Aurobindo and The Mother.*

Every emotion, thought, behavior and action is governed by an underlying consciousness.

When we change the surface emotions, thoughts, behaviors and actions we seem to make progress. However often we continue to operate within the influence of the same states of consciousness.

For greater perfection we need to become aware of the underlying consciousness of the body, life-force and mind, develop it and open it to the increasing presence of Truth, Goodness and Beauty.

The aim of the Integral Development workshop is to experientially understand a model of states of consciousness and to get a taste of how they can be developed and perfected. The emphasis would be on allowing the deeper heart to emerge as the leader of our evolving consciousness and as the guide of our unique flowering, based on our inner nature.

### Explorative flow of the workshop:

- **Understanding the framework of Integral Development** – the complete development of the mind, life force, body and the deeper heart. A partial development leaves one unprepared to bring forth one's unique contribution into the world. The framework draws guidance from the Telos model, which maps the Evolving Consciousness in us and its different states that animate our every day actions. The Telos model is based on the vision and work of Sri Aurobindo. For details visit <http://telos.org.in/telosmodel.html>.
- **Developing and perfecting all the states of consciousness:** Learning to become aware how far our body, life force, mind and deeper heart have developed. Exploring simple methods that can help in transforming each state of consciousness to its greater perfection.

*The above two are the starting points to master, to prepare oneself for the opening of deeper potentials.*

## Explorations possible through a long term association with Telos:

- **Centering in one's Deeper Heart:** It is the deeper heart that holds the seeds of one's inmost potentials. A constant connection with this deeper heart and an offering of all one's actions to its influence enables one to flow harmoniously, being in sync with one's inner nature and life purpose.
- **Receiving intuitions:** Purifying and perfecting the instrumental consciousness of the mind, life force and body and residing increasingly in the deeper heart enables one to tap into the domain of intuitive knowing.

### Workshop facilitator:

**Arul Dev** has trained and consulted people in the area of individual and collective transformation, since 1994. An engineer from BITS Pilani, he is the Director of People First Consultants ([www.peoplefirst.co.in](http://www.peoplefirst.co.in)), a human resources consultancy, committed to develop the deeper aspirations of people. He is the co-founder of Telos, which focuses on the evolution of consciousness of individuals, teachers, leaders and the collective group they represent. For additional details see: <http://www.peoplefirst.co.in/founder.html>

### Workshop Details:

Date: Sunday, 18<sup>th</sup> December 2011  
 Timings: 9.00 am to 6.00 pm  
 Location: Adyar, Chennai

### Who can attend:

This workshop is an inner experiment with a small group of people holding deeper aspirations. We invite participants who embody the following qualities:

- A flair for excellence in one's chosen field
- An ongoing pursuit of a form of inner and outer development most suitable to oneself
- A deeper yearning to bring in the presence of Truth, Goodness and Beauty into one's everyday life

### Process of Registration for the workshop:

Kindly send us an email at [training@peoplefirst.co.in](mailto:training@peoplefirst.co.in) with the following details:

- What are your deepest life aspirations?
- What interests you about this Integral Development workshop?
- What is your field of work and what are your current levels of excellence within it?
- What are the inner and outer developmental practices you are following on a day to day basis?
- Would you be available to participate for the entire duration of the workshop?
- Your contact details.

We shall confirm your participation once we review the response received.

### Participation Cost:

We operate on the model of gift economy. We offer this workshop to you. You are free to contribute what you choose to.

### Contact Details:

For additional details, Contact 9840755049 or email [training@peoplefirst.co.in](mailto:training@peoplefirst.co.in)