

# ***Sadbhāvana***

***November 30<sup>th</sup> - December 6<sup>th</sup>, 2018***

*Venue: Ritambhara Ashram, Kotagiri*

He's five foot-two, and he's six feet-four,  
He fights with missiles and with spears.  
He's all of thirty-one, and he's  
only seventeen,  
Been a soldier for a thousand years.

He's a Catholic, a Hindu, an Atheist, a Jain,  
A Buddhist and a Baptist and a Jew.  
And he knows he shouldn't kill,  
And he knows he always will,  
Kill you for me my friend and me for you.

And he's fighting for Canada,  
He's fighting for France,  
He's fighting for the USA,  
And he's fighting for the Russians,  
And he's fighting for Japan,  
And he thinks we'll put an end to war  
this way.

And he's fighting for Democracy,  
He's fighting for the Reds,  
He says it's for the peace of all.  
He's the one who must decide,  
Who's to live and who's to die,  
And he never sees the writing on the wall.

But without him,  
How would Hitler have condemned  
them at Dachau?  
Without him Caesar would have  
stood alone,  
He's the one who gives his body  
As a weapon of the war,  
And without him all this killing can't go on.

- The Universal Soldier, Donovan



This song by Donovan captures the key issue we are confronting today: there is a major crisis that we are facing, the symptoms of which are global warming, never ending wars, humungous income disparities, shaky global economics and the Anthropocene extinction, but each of us is being recruited as a soldier in wars and ideological conflicts that don't seem to be concerned with these issues. On the other hand, our inability to go beyond the clannish, the selfish, the nationalist, the ideological and the religious belonging is the very foundation of our becoming the “universal soldier”.

## **WHAT IS SADBHAVANA?**

- An invitation to explore the conditioned lenses through which we see the world and ourselves
- A collective endeavour to listen deeply to oneself and others with compassion
- A space where one discovers a mind that can transcend conditioning
- An invitation to seek the sacred in an active life

## **WHY THE EXPLORATION INTO SADHBHAVANA?**

This exploration is becoming more and more urgent every day. It is clear that modernity evokes anomie, loneliness and angst. Its excessive focus on the “Homo Economicus” idea of mankind, and the world of transactions and consumerism it creates has been lamented all too often. What is called education seems to be a production line to fit people into this mould. Tradition on the other hand has also failed us. While it does lay a claim to showing a path to the sacred, the path is often overlaid with injunctions, dogma and outdated views of man and the world. The serious seeker is thus left to her own devices and often walks a lonely path in search of a meaningful engagement with the outer and the inner.

The Buddha has spoken with great lucidity about this:

*Human beings experience hurt and pain; when they experience hurt and pain they seek refuges; This seeking is great sorrow; They seek refuge in other men, they seek refuge in material possessions, they seek refuge in knowledge and they seek refuge in the idea of god; To see that the first two refuges are false is not difficult; The last two are of the nature of belief and much violence and destruction arise from the fear with which human beings grasp and cling to these refuges; it is only when a person gives up the search for a refuge, and directly confronts her sorrow that he takes the first step to end sorrow.”*

We need to find a home within us, find the wellspring of love, the calm anchorage inside us. The Innermost, the Great Void, Shoonya, the Primordial Intelligence, Brahman: All these are words - inadequate human expression of a state of being. sadbhAvana is therefore, an invitation we give to ourselves to co-create a space where we struggle with the process of owning up our conditioned self, and letting go of the compulsions of “clinging and craving” that energizes the conditioned self and keeps us trapped within it. sadbhAvana is an aspirational journey to discover the quiet and Intelligent void from which new possibilities that span the sacred and the pragmatic might emerge.

## **THE PROCESS**

The exploration will be enabled by a group of facilitators who will create a framework and a space for exploration. The facilitators will not only enable the space to emerge, but will also offer practices like transformative breath, body and emotional work to empower the participants to walk the shared path. However, the facilitation will not be discursive or ideological. Its task is to enable “contemplative conversations”, its hope is that such conversations will open up possibilities for each person in ways that are unique and meaningful to them.

## **WHO CAN PARTICIPATE?**

This offering is intended for people who are :

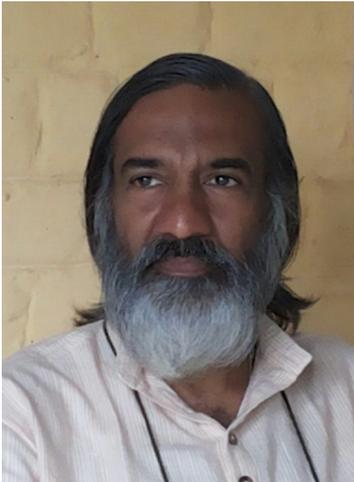
- Serious seekers looking for ways to initiate meaningful action
- Leaders of organizations who are concerned with the human crisis that confronts us
- People seeking the sangha of kindred souls with whom to explore their angst
- Activists engaged in social action
- Facilitators seeking to engage with the larger context

### **Important Considerations for Immersion**

*There may be some emotional stress involved during the Lab. Participants must take responsibility for self- screening if stressful situations are a concern. The Lab is not a substitute for therapy or psychiatric treatment. If you are currently in therapy or under psychiatric treatment, you are required to obtain a clearance from your therapist/psychiatrist before attending. Please also consult your physician, in case you have a current condition of heart ailment or any chronic illness.*

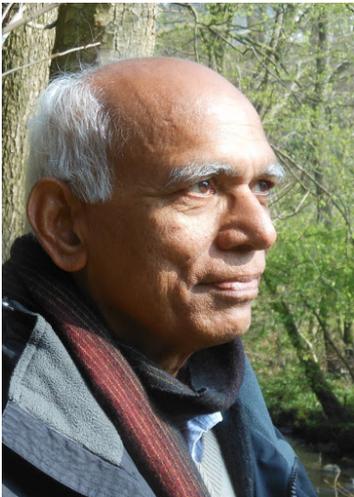
# Faculty

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**Raghu Ananthanarayanan** will anchor the process. Raghu is a post graduate from IIT Madras who has focused on human behaviour. He brings together his Yoga Sadhana and understanding of technological systems to bear on his central quest: how can each of us be the best that we can be? He uses Theatre and Puranas to enable people to realise their deepest aspiration. He is now engaged in creating a Coaching Academy "Awakening Arjuna".

[www.raghuananthananarayanan.com](http://www.raghuananthananarayanan.com)



**George Kunnath** is an explorer of life and a spiritual seeker. He was initiated into the Christian way of life in the Jesuit tradition but has travelled beyond organized religions and ideologies that bind rather than liberate. He has delved into shamanic and mystical traditions, tantric way of life as well as modern psychological processes. His deep inner quest has brought him home within and outside.



**Minaxi Mathur** has been involved in developmental work with individuals, teams & organizations for over 25 years. Her focus is to explore hidden potentials and facilitate change by choice, for growth and wellbeing of Self and System. She is a graduate from TISS.

# Accommodation

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Accommodation options at the venue are:

Twin Sharing rooms (Non-A/C) - (16 pax)

Bamboo huts - (8 pax).

Workshop begins at **5pm** on **November 30th** 2018 and ends at **2pm on December 6th** 2018

# Workshop Contribution & Registration

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## Contribution

**The Ashram runs on donations. Please contact us for details. There are a few scholarships on offer for those who would like to avail of them.**

## Registration

**Last date for registration: **November 15th, 2018****

**For further information regarding the program please write to us at [ashram@ritambhara.org.in](mailto:ashram@ritambhara.org.in)**

**Co-ordinator: Naveen Vasudevan**

**[naveen.ritambhara@gmail.com](mailto:naveen.ritambhara@gmail.com)**

**Please mark a copy to both email-ids in your communication.**



## Venue

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Ritambhara Ashram,  
Kanuhatty, Kothagiri  
[www.ritambhara.org.in](http://www.ritambhara.org.in)

For more information  
write to :

Sashikala Ananth at  
[ashram@ritambhara.org.in](mailto:ashram@ritambhara.org.in)

The Ritambhara Ashram is a registered Trust (not for profit) located in Kothagiri in the Nilgiris. The program will be conducted in a space surrounded by shola forests and graced by many beings of the wild. The main purposes of the Ashram is to help foster contemplative conversations, inspire authentic inner work and a reverence for the Earth. It provides a much needed retreat from the hustle-bustle of modern life, and a nurturant context for rest and regeneration.

Accommodation is simple and comfortable.  
Food is vegetarian.