



Ritambhara  
ashram 

# MAHABHARATA IMMERSION

A DEEP DIVE INTO THE WORLD OF ARCHETYPES

22 - 28 January 2023

FOR ENQUIRIES & TO REGISTER PLEASE FILL IN THE FORM AT  
[HTTP://LEARN.RITAMBHARA.ORG.IN/F/MI](http://learn.ritambhara.org.in/f/mi)  
EMAIL: [PURANAM@RITAMBHARA.ORG.IN](mailto:puranam@ritambhara.org.in)

*It is a dark and dingy room. Not been opened for  
quite some time.*

*Windows have remained closed too.*

*Open the door & windows with some effort.*

*There is a mirror on the wall. Quite old - its  
coating has faded.*

*And, there is a thick layer of dust and grime.*

*With some difficulty I open the door and the  
window.*

*Fresh air comes in slowly as if with some caution.*

*I look at the mirror.*

*I can't recognize myself.*

*Gently clean the mirror - remove all the dust and  
grime.*

*Hold the mirror steady.*

*I see myself now – yes, it is me.*

*I smile.*

*“Must allow fresh air and clean the  
mirror regularly” I say to myself.*

*Thank you, Raghu and all you wonderful people.*

*In gratitude'*



# Mahabharata Immersion

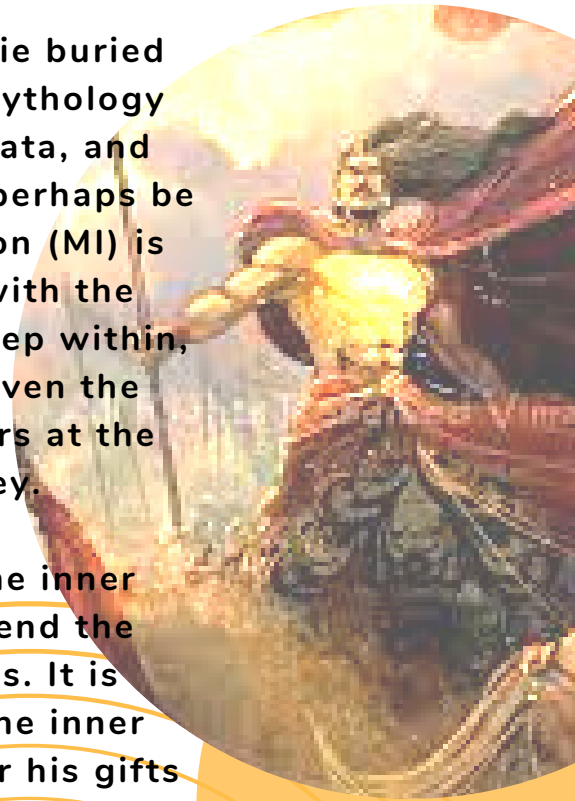
## The World of Archetypes

Our deepest potentials lie hidden in the world of our archetypal energies. These energies are universal and exist in each one of us, yet they act out through us in ways that are unique to our individual journeys. The discovery of the expression of these archetypes has the power to bring deep healing, transform our inner world and unlock hidden potential.

Our personal energy is immense and can act in heroic ways, however, it is often locked up in our unconscious. The stories of mythological heroes evoke our hidden potential. The practices recommended in Yoga and Indian dance use both the power of the archetypal energies as well as prANic energies to unleash these potentials. We need to enter our subconscious, cleanse it of the debris collected over years of struggle in the work-a-day world, and discover profound healing.

This opens the doors to the vast treasures that lie buried under the debris. The archetypes found in any mythology around the world can be found in the Mahabharata, and archetypes not found in the Mahabharata cannot perhaps be found anywhere else. The Mahabharata Immersion (MI) is designed to enable the participant to engage with the purANa from an “inside-out” location, to delve deep within, enter the space of the archetypal energies, enliven the archetypes and enact the inner drama that occurs at the various turning points in one’s own journey.

The most evocative stories are metaphors of the inner adventure that the hero embarks upon to befriend the dAivic energies and subdue the asuric energies. It is through the discovery of these treasures that the inner dragon protects, that the hero gains mastery over his gifts and treasures. The purANa and the itihAsa are not only powerful stories that evoke our desire to be heroes in our own eyes, but also maps of the archetypal world.



# About the Program

Working with the MI process is one of the most powerful and effective ways to gain mastery over one's hidden potentials.

The MI is conceptually designed to:

Learn the art of mastering one's archetypal energies

Understand how the purANa can help in identifying the map of one's inner world.

With the aid of powerful processes derived from a profound understanding of the Yoga Sutra, dance and theatre, the MI becomes a learning laboratory that is: An invitation to delve into the depths of the invisible, the unarticulated and the disowned parts of oneself.

An enquiry into the practices of antaranga yoga.

A learning space where one can discover and embody one's deepest potentials.

The Mahabharata Immersion invites you to explore your inner world, navigate the landscape of your unconscious, engage with your inner deva and asura and unleash your heroic potential.



# Objectives of the Program

The MI is therefore a unique program that will provides you an opportunity to :

Create a space for you to access your inner dynamics by providing a map through which you can navigate your inner space/archetypal energies.

Gain mastery over archetypal energies and foster hidden heroic potential.

Introspect upon the relationship between outer expression and inner processes.

Develop a personal foundation of role effectiveness, interpersonal ethics and intrapersonal discipline.

Enable you to discover the “shAntam” location within from which to access healing energies.

Empower you to take the key practices of antaranga yoga forward into your life spaces.

Discover your purpose in life and work towards it.

The Mahabharata Immersion invites you to explore your inner world, navigate the landscape of your unconscious, engage with your inner deva and asura and unleash your heroic potential.



## The MI is Not:

- An opportunity to learn the Mahabharata.
- An opportunity for the faculty to offer their interpretation through discussions or discourses.
- An opportunity to learn theatre or to appreciate tradition

# Design of the Program -The LEARNING THEATRE



An Individual is simultaneously a member of multiple systems -organization, society, family and others. Each of these systems is a complex network of interdependent roles and processes with distinct values and norms. The diverse pulls and pressures of the systems and lack of integration and synergy in oneself, result in diffused inner energies and consequently affects expression. The learning theatre is designed to focus on archetypal energies, enable a mastery over its dynamics and bring in a coherence between one's inner power and outer expression. An exploration into one's inner-process is enabled by bringing alive one's inner drama and the archetypal figures that play out these psychodramas.

One wears the mask of the Heroes, and in playing out the archetypal drama, views oneself in the mirror of the emerging "here and now re-play" of the eternal motifs of life and of relationships with significant others.

For example, through an exploration of 'Draupadi VastrAharanam' (the disrobing of Draupadi) a powerful field is created where the helpless rage of the victimized is contrasted with the blind greed of the oppressor and the lack of conviction in the legitimate protector. The individual who explores this archetypal drama with authenticity enters the universal motifs of human suffering. Such engagement with one's duHkha is deeply insightful and healing. The stage is thus set for an honest introspection of one's inner patterns of feeling and thought as well as one's outer patterns of action.


I see that in the exploration for the enactment and coming up with the statements during the program, something has been touched within and now I am seeing that unfold in my actual life. It's tough but it's beautiful!"





# Mahabharata Immersion , Yoga and Leadership The Connection

The Arthashastra recommends that all leaders need to be yogis. The Natyashastra, the Vaastu Shastras and a host of other texts specify that the professional must be a yogi.



Yoga practiced in a holistic fashion – beyond the limited asana and prANaAyaMa practices, ensures that a person becomes capable of being the best he or she can be. Leaders, householders and professionals need to strive continuously to perform at their peak capabilities, thus contributing effectively to the society, family and oneself. This demands that one make continuous investment in one's competencies, one's inner well-being and one's health. This is what the path of yoga is all about. Our itihaSa-purANa were written to bring out this meaning of Yoga through stories that illustrate how different types of minds perceive a situation and how they respond.

The Mahabharata portrays the five Pandava heroes as the central archetypes of a human psyche, the Kaurava as the anti-hero/shadow archetype and Krishna as the meditative mind. Through the drama played out by Pandavas and the Kauravas the text discusses Yoga, i.e. being the best that one can be, in the context of familial strife.

The Mahabharata is a dialogue on the Yoga of leadership and dharmic conduct. The Mahabharata is a complete text of Yoga, it not only captures its philosophical profundity, but also evokes the person deeply by portraying different types of archetypal heroes, placing them in difficult and trying situations and describing their struggles as they delve into themselves and overcome these obstacles.

# WHO is this for

Leaders, Change Agents and Professionals in the field of Social Services, Management and the Arts wishing to delve inwardly and regenerate themselves.

Those who wish to discover and develop creative processes of their own unfolding and therefore facilitate **self-discovery** in others.

Professionals in the field of inner work wishing to learn the key principles of Applied Indian Psychology

## Facilitators

This program will bring together experienced facilitators in human processes and world renowned traditional Koothu artists to help in the processes.

Program Director: Raghu Ananthanarayanan, has worked extensively in the field of Yoga and Behavioral sciences. He has successfully developed an approach to individual and group processes based on a creative convergence of the traditional and the modern.





## Contribution

Ritambhara Ashram is a non-profit trust and runs on donations. Please write to us for the details on the donation for the program. There are also a few partial scholarships available for those in need of them.

## Fee:

**Indian participants residing in India: INR 50,000**

**International participants residing outside India: USD 750**

## Dates:

Start Date: 22 January 2023 at 5:00 PM IST

End Date: 28 January 2023 at 2:00 PM IST

## Venue

**Chinmaya International Foundation, Veliyanad, Ernakulam  
District, Kerala**

**Adi Sankara Nilayam is the sacred birth home of Sri Adi  
Sankaracharya, the great philosopher, saint and exponent of  
Advaita Vedanta.**

Should you wish to explore the nature of the program further you  
are invited to get in touch with us about it by registering atC  
<http://learn.ritambhara.org.in/f/mi>

## Disclaimer

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

