



# *Institute of Sri Ramchandra Consciousness*

## **FREE TWO DAY TRAINING COURSE PRANAHUTI AIDED MEDITATION (PAM)**

San Jose, CA • Saturday, 10th - Sunday, 11th - May 2008 • 9:30am to 5:00pm

The objective of ISRC in offering this program is

- To promote Universal Harmony.
- To promote Fraternity.
- To enable individual growth in all aspects of life.
- To realize the meaning of human existence.

### *Key Benefits*

*Happiness, Peace, Balanced Living, Perfection in all walks of life*

Day 1 Overview	Day 2 Overview
Sri Ramchandra Consciousness, Introduction to Natural Path	Way of Living
Meditation, Control of Mind & Concentration, Pranahuti (Yogic Transmission)	Stages of Progress
Guided Meditation	Guided Meditation

To register, call 408-506-3674 or email: [kurugantip@sriramchandra.org](mailto:kurugantip@sriramchandra.org)

Note: Recommended age – Between 18 and 50 years.

Residential option is available. Please mention at the time of registration.

[www.sriramchandra.org](http://www.sriramchandra.org)

Unlike the other prevailing methods of training courses, the course does not proceed in a linear fashion from introducing the theoretical structures built upon several levels of complex ideas. The course, even as it would be found later in the journey to Infinity, is structured in such a way as to peel off layers and deeper layers of understanding.

The various concepts are introduced and reintroduced several times under different concept structures for understanding the manner in which the Reality is covered by the manifold folds of mysteriously simple layers of consciousness.

Thus, the course provides for an interlocking matrix in which every concept structure would be appreciated as integral to the whole. Every topic is distinctly treated and while it can be treated as a part, yet it contains the whole.

The course has a practical base of meditative experience. An adept in Meditation guides the Meditation that is of duration of half-an-hour. Guided Meditation would be conducted in every session and every trainee gets a first hand experience of the Unique Pranahuti or Unique Transmission of Divine grace. These guided Meditations are conducted in a balanced manner and as matter of fact the course ends with the guided Meditation.

If the trainee does not participate in the Meditation, the course is treated as incomplete. The various concept structures, which are to some extent theoretically explained and taught, gain meaning during the Meditation, as an assiduous trainee would find.

Our teaching material is essentially the guided Meditaion. The adepts in Meditation introduce the various topics, which are interwoven and carry their personal signature of experience / Imperience.

This is supplemented by giving literature on the course and the system of Meditation and various Meditational techniques. All conventional gadgets of teaching are used according to the need.

The relationship of the taught and the teacher is maintained at the lowest level as the **ISRC** has the firm conviction that the course is not only for the new trainee but is also for the trainer.

While all persons between 18 to 50 are welcome to participate in the training program, who ever aspire to practice the method of Meditation and adopt the natural way living advocated by PAM can join.

Simple holistic food will be provided on the days. Day care is available for kids. To register, call **408-506-3674** or email: **kurugantip@sriramchandra.org**

Please visit **[www.sriramchandra.org](http://www.sriramchandra.org)**