

# SHUBHRAJI

## 2018 VEDANTA IN SANTA FE



Workshop

Saturday, November 17, 2018

Vedic Chant Center

901 San Mateo, SUITE V

Santa Fe, NM

9:45 AM–10:00 AM Check-in

10:00 AM–1:00 PM Workshop

**\$75 per person**

**\$100 per person after November 2, 2018**

**NO REFUNDS AFTER NOVEMBER 2**

### Morning Talks

#### Ādi Śaṅkarā's *Vivekachūḍāmaṇi*: Timeless Teachings on Non-duality

MON, NOV 12–THURS, NOV 15

7:00 AM–8:30 AM

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Śaṅkarā's *Vivekachūḍāmaṇi* is considered the Crest Jewel of Discernment among all Advaita Vedānta texts. It states that Consciousness alone is the all-pervading reality; the individual soul is none other than the universal soul in its essence. Ignorance of our true nature causes suffering and pain. Our desire for happiness is to live from the infinite space of who we truly are; and this can only be achieved through awareness and knowledge of the Self.

Shubhrajī will be commencing an on-going teaching of this text verse by verse, guiding us how to navigate our way from the ego to the Reality of our true nature.

### Evening Talks

#### SPIRITUAL GROWTH & INNER RESILIENCE: The Ultimate Armor for Lasting Happiness

MON, NOV 19 & TUES, NOV 20

6:00 PM–7:30 PM

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Based on select verses from Chapter 18 of the Bhagavad Gītā, Shubhrajī expounds on ways to nourish oneself by cultivating a healthy interaction between our inner and outer world.

In her humorous style and authentic approach, Shubhrajī explains the need to cultivate “Sannyāsa” or ‘renunciation’ and “Tyāga” or ‘abandonment to the fruits of action’ as necessary steps for sustained spiritual growth and inner resilience.

## Discovering the Power of Forgiveness

The practice of forgiveness frees us from emotional wounds that impede our progress at various levels.

Forgiveness not only heals us, but it also releases those whom we believe have hurt us.

This workshop focuses on the Vedantic approach to forgiveness— why forgive, and how to forgive.

Come, free your mental energy and experience the power of forgiveness in this interactive workshop.

- Simple techniques to facilitate forgiveness
- Powerful and safe ways to release hurt and pain
  - Meditation and visualizations
  - Instill peace and a sense of purpose
- Undo the past, create health and abundance
  - \* Please bring a journal and pen

**PRE-REGISTRATION IS REQUIRED**

For more information and to register:

Ariana Marchello—TEL 505.570.0743 OR

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*Shubhrajī is a disciple of Vedāntic Master H.H. Swāmī Chinmāyānandā. She is a teacher of spiritual studies and meditation techniques, which form part of the ancient Vedānta philosophy of India. She is also the author of In The Lotus of The Heart: The Essence of Relationships.*



*She lives in the USA and travels widely in the U.S., Europe and Far East.*

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