



SHUBHRAJĪ 2019

Vedānta in Santa Fe & Albuquerque

FOR MORE INFORMATION AND TO REGISTER FOR WORKSHOPS:

EMAIL: amarchello@gmail.com or sheelahewitt@yahoo.com

VISIT: www.namahom.org



Evening Talks/Santa Fe

Mantrās and their beneficial use in everyday life

Thursday, October 10 – 6:30 to 7:45 pm

Mantrās, ancient Vedic chants composed of sacred words or syllables, are designed to transform our consciousness and link us to the Divine. Chanting mantrās helps us integrate our body, breath, mind and spirit as we align the vibration of the sound, our vital energy, and our mind's focus, thereby creating a shift in frequency that opens the door to higher states of consciousness.

Tonight Shubhrajī will teach us the authentic use of several key mantrās for building inner strength, enhancing relationships, opening and purifying our hearts, removing negativity, sharpening our minds, dealing with health issues, and accelerating our spiritual growth. The evening will include periods of group chanting.

(No previous experience is necessary)

This teaching is free. Donations are welcomed and appreciated.

Creating Your Spiritual Practice

Friday October 11 – 6:30 to 7:45 pm

Spiritual practice is a personal affair. In this talk Shubhrajī explains the important facets and principals of building, creating or enhancing one's spiritual practice. With the help of a systematic questionnaire handed to attendees– she focuses on the elements and the technique to build a sustainable spiritual practice, based on Vedānta philosophy. Whether you are beginner or advanced seeker– this presentation offers valuable insights on just how to take that leap and create your own path to spiritual freedom and depth. **(Shubhrajī will also conduct a Q&A. You may bring written questions to the talk)**

This teaching is free. Donations are welcomed and appreciated.

Prana Blessings

1925 Rosina Street, Unit C

Workshop/Albuquerque

The Magic of Letting Go

Vedānta & Yoga with Shubhrajī & Tim Butler

Sunday, October 13 – 10:30 am to 1:30 pm

The Remedy Day Spa

113 Vassar Dr SE, Albuquerque

Come and learn the yoga āsanā practice of letting go with Tim Butler. Shubhrajī explains the why and how of letting go for a lighter and more fulfilling life based on teachings of Vedānta.

For more information– email: kimberleemalesma@gmail.com

tel: (505) 463-4787

Morning Talks/Santa Fe

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

Monday–Thursday, October 14–17

7:15 to 8:30 am

Santa Fe Community Yoga Center 826 Camino de Monte Rey, Ste B1

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 continues the 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.

This teaching is free. Donations are welcomed and appreciated.

Workshop/Santa Fe

Wellness Supercharge

A Workshop for Transformation

Saturday, October 12 – 2:30 to 5:30 pm

Light Vessel Santa Fe

199 Paseo de Peralta, Unit D

\$75 per person/\$100 per person after October 2

No refunds after October 2

Pre Registration Required

In this fast paced world of stress, emotional burn out and enhanced aging, we need a way to feel empowered physically, emotionally and spiritually, to live a life of informed choices that promote a balanced lifestyle.

In this cutting edge workshop, Shubhrajī draws on the ancient wisdom of the Masters combined with revolutionary contemporary ideas to give us tangible tools to rewire our mind and life.

You will learn:

- Insight through new research and timeless teachings
- How to prevent aging and stay young
- Meditation to manage and eliminate stress
- Release of toxins, stuck emotions or thoughts and energy patterns
- How to keep your living and work space filled with optimized energy
- Pointers on diet, plants and crystals to enhance your energy levels