

## ***Aham Brahmasmi - a Metalab***

Sankalan has been offering spaces for personal growth through programmes such as “Inner and Outer Ecology”, Deep Ecology, Role and Identity for Wellbeing etc.

The focus in these programmes has been the multi-layered explorations of meanings we hold, derived from the man-made world as well as the world of Nature we live in. By and large the world of man-made meanings conditions our sub-conscious minds, our patterns of thought, feeling and action, our need for benchmarks, our identities and so on; and these affect our relationships, work and well-being in a positive manner or can create dysfunctionalities. We have constantly attempted to engaged with applying eco-centric as well as human-centric perspectives that can release us from self-limiting meanings, aspirations and choices etc., and thereby enrich our living processes.

The ***Aham Brahmasmi*** Lab will offer opportunities to delve deeper and focus on the underpinnings of our perceptions and way of life. Aham Brahmasmi is a Vedic ‘Mahavakya’, a sutra that means that “I am one with the Universe”, that there is divinity in me and everyone else, and also that I am connected to everything and everyone else. During the lab we will work to unravel the way our minds negotiate the complexities amidst which we live and the way we may be simplifying, giving single meanings to some our experiences and limiting our action choices; and we will look at what we wish for most deeply, what we find most exciting and what we are willing to commit to.

Using the Seven Chakras framework, we will also explore what we need at the stage we are in to nourish our being: stability, desires, purpose in life, heartfulness, expressiveness, self-assurance or fostering of universal consciousness. A focus of the meta lab will be to then search for a sense of expansiveness within us in the areas we believe are significant for our vibrancy and growth.

The five-day lab will be designed so that we spend many hours during the day and night with our central and major resource – the Sea! We look forward to being nourished by the sense of expansiveness that the Sea and Nature can give us, while together we nurture a community that cares to make offerings for a larger purpose.

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