



Amma Sri Karunamayi



GURU PURNIMA RETREAT

JULY 8 – 12, 2022 (IST)




Programs schedule timings according to IST*


July 8th

- 8.00 am – 9.00 am • **1 hour meditation – Preparing yourself for higher experience of silence.**
- 9.00 am – 10.00 am • **To be living in peace is your birthright (come out of the long dream live in truth)**
- 10.00 am – 11.00 am • **1 st and 2 nd Chakra initiation** 
- 6.00 pm – 7.00 pm • **Yoga for healthy life** 
- 7.00 pm – 8.00 pm • **How to Receive the Pearl of Atman with the Power of Discrimination**
- 8.00 pm – 9.30 pm • **Discover yourself, then preach the Gospel of Peace to World**


July 9th

- 8.00 am – 9.00 am • **1 hour meditation – Attain knowledge of truth through Inner Silence (Amma will speak about importance of inner silence through Devi Pranayama)**
- 9.00 am – 10.00 am • **3rd and 4 th Chakra initiation** 
- 6.00 pm – 7.00 pm • **How to Merge an Individual Soul within the Supreme Brahman**
- 7.00 pm – 8.00 pm • **How to attain the Inner transformation and human consciousness**

July 10th

- 8.00 am – 9.00 am • **1 hour meditation – Listen to the Divine whisper through Inner Silence**
- 9.00 am – 10.00 am • **Feel God's Compassionate Grace sustaining within**
- 10.00 am – 11.00 am • **5 th and 6 th Chakra initiation** 
- 6.00 pm – 7.00 pm • **How to blossom peace in your heart garden**
- 7.00 pm – 8.00 pm • **Truth is the life of your life and Soul is the life of your life**

July 11th

- 8.00 am – 9.00 am • **1 hour meditation – How to hear the Divine whispers through Devi Pranayama**
- 9.00 am – 10.00 am • **7 th Chakra initiation and Shaktipath** 
- 6.00 pm – 7.30 pm • **How to Experience the Divine illumination through Devi Pranayama**

July 12th

- 8.00 am – 9.00 am • **1 hour meditation – How to develop and evolve yourself through virtuous thinking, righteous feeling, conscious speaking, pure behavior through Meditation**
- 9.00 am – 10.00 am • **1 st – 6 th Chakra Shaktipath**
- 6.00 pm – 7.00 pm • **Divine Discourse – No richness is attained without wisdom of truth**
- 7.00 pm – 8.30 pm • **How to open the Doors to Liberation – How to conquer – Prepare – Aspire – Inspire through Meditation you experience immortality**

Yoga for healthy life

July 9th - 12th

5.00 pm – 6.00 pm



13th July Guru purnima

6 pm – 9.30 pm

Sri Pada Puja



9.30 pm – 10.00 pm

Amma's Divine Discourse



July 13 th , 2022



Tithi

Shukla Paksha Poornima

Jul 13 04:01 AM – Jul 14 12:07 AM

Krishna Paksha Padyami

Jul 14 12:07 AM – Jul 14 08:16 PM

Nakshatra

Purva Ashadha

Jul 13 02:21 AM – Jul 13 11:18 PM

Uttara Ashadha

Jul 13 11:18 PM – Jul 14 08:18 PM

Vara

Budhwar (Wednesday)

Inauspicious Period

Raahu kalam - 12:21 PM – 1:59 PM

Yama Gandam - 7:30 AM – 9:07 AM

Dur Muhurta - 11:55 AM – 12:47 PM

Varjyam - 06:18 AM – 07:42 AM

Gulika - 10:44 AM – 12:21 PM

Auspicious Period

Abhijit Muhurtam - Nil

Amrutha Kaalam - 07:07 PM – 08:31 PM

Brahma Muhurtam - 04:17 AM – 05:05 AM

**Guru Brahma Gurur VishnuGuru Devo Maheshwaraha|
Guru Saakshat Para BrahmaTasmai Sree Gurave Namaha||**

Topics for 5 Day Meditation Retreat

- 1 hour meditation
- Preparing yourself for higher experience of silence.
- Living in peace is your birthright
- Power of Discrimination and Receiving Pearl of Atman
- Discover yourself, preach the Gospel of Peace to World
- Attain knowledge of truth through Inner Silence (Amma will speak about importance of silence through Devi Pranayama)
- Merging an Individual Soul within the Supreme Brahman
- Inner transformation and human consciousness
- Listen to the Divine whisper through Inner Silence
- Feel God's Compassionate Grace sustaining within
- How to blossom peace in your heart garden
- Truth and Soul are both life of your life
- How to listen to Divine whispers through Devi Pranayama
- Experiencing the Divine illumination through Devi Pranayama
- Evolving yourself through virtuous thinking, righteous feeling, conscious speaking, pure behavior through Meditation
- No richness is attained without wisdom of truth
- Doors to Liberation – How to conquer, prepare – Aspire – Inspire
- 1 – 7 Chakra Initiation and Shaktipath to all Chakras
- Yoga for Living

Programs schedule according to Indian Standard time zone*

Refer for time zone convertor → [Time convertor](#)