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 4th 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
  - 5th and 6th 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
  - 7th 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
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

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