

TAPAS – Inner Ripening

Aim & Intention

1. Deep Practice
2. Conscious Community
3. Unburdening
4. Unlocking Potential
5. Living Fully
6. Dying Empty
7. Learning, Practicing, Sharing
8. Brightening and Lightening the Path
9. A Journey from Here to Here
10. Know What Hurts and What Doesn't
11. "Book of Your Life"
12. Being a Channel of Blessings

Structure of Each Session (2 hours)

1. Log in early (5 to 15 mins)
2. Silence and empty yourself (1-2 mins)
3. Let the intention find you (1-2 mins)
4. Invocation, song or a chant (1-2 mins)
5. Check In (2-5 mins)
6. The main practices and learnings of the session (90+ mins)
7. Attendance codes (1-2 mins)
8. Possible Break (5 mins)
9. "Window into your world" (2-5 mins)
10. Reflection, journaling, appreciation and implementation intentions (2-5 mins)
11. Any announcements (1-2 mins)
12. "Mai Yur Ma" and blessings (1-2 mins)

Preparation

1. Journal and writing materials (pens, markers, coloring materials if you like)
2. Quiet, pleasant, undistracted place
3. Inform loved ones and colleagues
4. Join 5 to 15 mins early
5. Keep your phone away or on “do not disturb” mode

Themes & Topics

1. Practices for Letting Go
2. Gratitude & Appreciation
3. Meditation & Mindfulness
4. Self-Inquiry & Direct Path
5. Effortless Manifestation
6. Awareness & Intention Games
7. Brahmaviharas & Heart Activation
8. Wisdom Literature
9. The Energy of Blessings
10. The Power of Agendalessness
11. The Magic of Storytelling & Poems
12. Co-Creation & The Power of Asking
13. Chanting & Sacred Sounds
14. Conscious Relationships
15. Emotional Integration & Trauma Release
16. Practices for Reflection & Contemplation
17. Accessing Collective Wisdom in Silence & Dialogue
18. Integration & Celebration

How to Make the Most of This Course

1. Mark your calendar beforehand so there are no calendar conflicts
2. Attend all sessions live or recorded and mark your attendance
3. Complete any assignments well in time, without a need for reminders
4. Engage with the community on the Telegram Group and in person when possible
5. Practice and revisit important learnings in between sessions
6. Make an appointment with yourself for at least an hour daily
7. Be attentive to your dreams and inner nudges
8. Be attentive to slightest changes and improvements – catch yourself doing it right!
9. Clarify doubts and ask questions. Do not hesitate to say, “I don’t understand”
10. Avoid groupthink and peer pressure - be real about what works and what doesn’t
11. Be a sangha - encourage and support each other in exceptional ways
12. Be an active participant, not a passive observer

Other Details

1. Dates and Times: Mondays 5 am to 7 am IST; Thursdays 8 pm to 10 pm IST, for 9 months
2. Telegram Groups (Community and Admin Only)
3. Zoom Meeting Link
4. Teachable Group for Recordings and Resources
5. Attendance and Administration: Lata lata@nithyashanti.com , +91-9764203030
6. Resource Person: Padmajaa padmajaa@nithyashanti.com , +91-7895618124
7. Facilitator & Guide: Nithya ns@nithyashanti.com
8. Also look up: YouTube, Instagram, BeLucid.in, Hadayoli, SoundCloud etc.

*May this course unlock potentials you never imagined existed
and quench the most primal thirsts of your being
May you be self-realized and self-actualized
May you be nothing definable and everything you can be
May you be transparent to life, as life living life.*