



**The
Ninth BinduLab**

**Feb 19 to Feb 25, 2012
Nisargadam Estate, Hosur**

We take pleasure in announcing our bi-annual February feature, the BinduLab. The focus of the lab is to enhance the convergence of the mind body and spirit. Completely experiential, the lab fosters the development of perspectives and living philosophy that enhance life supporting processes at individual as well as collective levels.

This is an open program, you do not have to be a member of Sumedhas in order to join it. Nominations from practicing process workers and others are equally welcome.

The BinduLab is one of our meta-labs which form an essential requirement in the Sumedhas Internship journey.

You must have participated in at least one one-week lab of a personal growth type. Persons seeking relaxation of this condition may contact the Program Director on 011 26858493 during the day.

www.sumedhas.org

BINDU LAB 2012

The Bindu Story

Human Process Labs have focused on social interactions to begin with, and over the last over 50 years have expanded into several distinct foci. The Bindu Lab began with the aim of creating an opportunity to explore living phenomena by expanding the scope of enquiry to include our body and presence as well. Using the core principle of the “here and now” it postulates that the here and now includes our minds, bodies and “that” something more, perhaps our presence/spirit as well as the “others”. It further postulates that each one of us creates the reality we live in through our actions/inactions and our presence.

The Lab provides opportunities thus to explore the way we experience our inner and outer realities. This entails looking at the foundations of our identities and the processes we adopt in order to constitute our realities. The lab goes on to help recognise the nature of our appetites and vitality, inhibitions and restraint, and, the way we structure our thoughts.

We shall explore the inevitables and imperatives of being human with a view to giving birth to new responses and commitments. The theme for the Ninth BinduLab is “expansion of our consciousness”.

This Lab is considered highly useful for those who work in any of the human development professions as it enhances awareness and management of the core identity from where the professional’s “subjectivity” stems.

The Concept

The name Bindu in sanskrit means *that infinitesimal spot which contains the macrocosm*. The lab is a journey into the infiniteness contained within each individual.

The Bindu Lab series is founded on the principle that each moment holds the entire universe of experience. This series of labs is geared to exploring the *processes* (as opposed to the *content*) of our experience. It is distinct from other lab work as in being free of concerns of *becoming*, such as causes and effects, benefits and disadvantages, success and failure etc. It is designed to create a space for exploring and nourishing the linkages between mind, body and spirit. The domain of exploration is beyond the persona or identity to the foundations of the mechanics of experiencing itself.

Bindu ‘12

The lab will create an opportunity for you to explore your:

- Choices that have become invisible and have yet shaped your life trajectory
- Right brain world
- Compulsivities in your action patterns that go against yourself
- Issues of meaning and purpose of our existence and links with the larger consciousness.
- Relationship with your own body – influencing the body to help the mind
- The body of your mind and the mind of your body – psychosomatics and touch – influencing the mind to help the body, training the body to help the mind
- Issues of membership in the body of human beings that is, the collectivity

- The spirit that gives vitality and life to your identity

We will use group and individual exercises, meditative processes and, space location and movement exercises to explore and touch the internal ambience. The procedure is discourse free and completely secular.

It is an advanced personal growth lab.

Eligibility:

You must have participated in at least one one-week lab of a personal growth type.

Number of seats available is 15.

By participating in the lab you will likely be able to :

1. Develop a new equation with your mind, by a recognition of your own thinking patterns as well as the inherent unintended consequences leading to recurrent stresses/challenges
2. Develop a new equation with your body by recognizing the emotional patterns embedded in recurrent physical symptoms
3. Find new answers to the question “what is the purpose of my life ?”
4. Create new frames for managing aggression and your creativity
5. Intervene more proactively in the unfolding of your life trajectory
6. Rediscover “sankalpa shakti” and the unmanifest power of your wish.

Important

Sumedhas programs are not amenable for use as "therapy".

Persons with any history of continuous mental stress, psychiatric treatment, psychotherapy, coronary attacks should not be nominated to any Sumedhas labs. Sumedhas will not bear any responsibility towards any of these developed during or after participation in any of its program/s. It will be implicit that the participant is joining the program voluntarily for **growth not therapy** and completely owns the responsibility of his/her own health.

Program Designer & Faculty Coordinator:

Sushanta Banerjee

Dates & Venue:

February 19th to 25th 2012. Assembly on Feb19th by 7pm. The lab will come to a close with lunch on the 25th.

Nisargadama estate, Hosur, a private farmhouse is a two hours drive from Bangalore. As we receive your confirmations we shall intimate you the details of the travel arrangements from the city. We shall set up a group arrangement, as soon as this gets confirmed we shall make the necessary announcement.

The program will be conducted seated on the floor. You are advised to carry suitable attire. The living is very simple and the food mainly vegetarian.

Fees

Organisation sponsored Rs 20,000 + 2060 (service tax @ 10.3%)

Self sponsored Rs 15,000 + 1545 (service tax @ 10.3%)

This covers program fees only. The cost of stay is to be settled directly with the venue management. They have agreed to charge a sum of Rs 1200 per head per night, all found for food (vegetarian) and stay in shared accommodation, there is no single room facility. The total cost (6 nights) will be Rs 7200 to be paid in cash.

Deferred payments: Sumedhas will hold upto four seats for self sponsored participants who can choose to use the deferred payment option. You will need to give in your fees in three tranches of Rs 6545 + 5000 + 5000, one of current date at the time of nomination and the balance two with post dated cheques in two months, ie by March 20 and April 20.

Last date for receipt of nominations Feb.14, 2012

Last date for withdrawal of nominations with 20% penalty Feb 17, 2012
No refunds thereafter

Send nominations: along with full fees by Demand Draft favouring:

Sumedhas Academy for Human Context
payable at
Chennai

to

Mr Shyam Singh Negi
Secretary
SAMUDAY PSYCON
P-7, Second Floor,
Hauz Khas Enclave,
New Delhi 110 016.

Tel: (011) 26858493, 26514350

email : samuday@airtelmail.in
sushanta@samuday.com

Sumedhas – The Academy

Sumedhas Academy for Human Context, is a ‘Not for Profit’ institution registered under 25C of the Companies Act, 1956 and is dedicated to fostering learning of human processes. We are a research and educational body founded by behavioral scientists with diverse backgrounds and a shared discipline in the field. In Sumedhas, we believe that all human beings carry with them conviction, dignity and compassion along with deeper feelings about identity, human and social processes, and the phenomena abounding in each individual’s life.

Sumedhas further believes that this reflectivity, the self-awareness arising from the above inquisitiveness is a core resource around which organizational vibrancy grows.

The Academy is founded on an eclectic tradition. We draw our core principles from the eastern traditions that focus on learning through self-discovery and experience, as well as western traditions of empirical knowledge & action. We believe that insights and knowledge of human processes ought to be available to all those who wish to receive it. Such insights and knowledge are partially available with every individual. Collective efforts of learning provides enormous energy to enhance this search, and help the group emerge with individualized as well as collective directions for wholesomeness and well being – the key to the effort being self-reflexivity.

Objectives of Sumedhas

Sumedhas aims to study the living phenomena and reality as they occur and promote learning from experience in order to help generate convictions and promote the formation of new responses. This becomes the basis for creativity in processes of living and work.

Classical disciplines in the social sciences have largely followed principles similar to the physical sciences and have created an enormous body of knowledge. This body of knowledge has helped man explain many of his actions and conditions. However, the reality of living experience largely tends to defy the neat categories of formal knowledge. Sumedhas aims to spread the movement of learning from living to individuals and groups of all ages, gender and calling, irrespective of caste, creed or colour.

Sumedhas aims to keep creating opportunities for people to join in promoting their own learning. It hopes that such learning will generate a critical mass of people who will carry their wisdom to reshape their lives and spaces (organizations, families, and institutions) around them and enhance quality of humanness with conviction, dignity and compassion. The programmes are based on learning from experience – as opposed to learning from theory. Using group discussions and exercises, the programmes are non-coercive and discourse-free.
