

# Transcending the Four Bodies of Consciousness: Awakening the Heart of Love

*By delving deeply into  
the Four Bodies of consciousness,  
That which is prior to consciousness  
arises effortlessly.*

*That consciousness abides as Heart,  
manifesting itself as love.*

*This is our very own True Self.*

*— Ramana-ji*



## Evenings on Transcending the Four Bodies of Consciousness and Awakening the Heart of Love

*(Although designed as a series, you are welcome to attend individual evenings)*

**Friday, August 6**

**Tuesday & Friday, August 10 & 13**

**Tuesday & Friday, August 17 & 20**

**Times:** 7:00–8:45 pm.

**Location:** Lafayette Avenue Presbyterian Church  
875 Elmwood Avenue, corner Lafayette (use parking lot entrance on Lafayette)  
– \$10 per evening –

(To enable you to more easily attend all evenings, you can pre-purchase a pass for all 5 evenings for \$30 – see discounts section, bottom of second page.)

Contact **Antoinette** at **716-553-0404** or by email at [infobuffalo@radicalawakening.org](mailto:infobuffalo@radicalawakening.org) for more information.

## Transcending the Four Bodies of Consciousness and Awakening the Heart of Love

This Workshop is a meditative exploration of the **Four Bodies of Consciousness**: the gross body, the subtle body, the causal body and the *MahaKarna* (that which is before consciousness). These bodies, when experienced with refined awareness, become the roadmap to knowing the Self at all times and in all situations.

The weekend Intensive group is limited and designed to be small so that the deepest work can be opened – please register early to ensure your place. Pre-registration is required for the Intensive group but not for the evenings. Cost of one day of the workshop is \$125; two days = \$175. See bottom of second page for scholarships and discount pricing.

**Day 1: Saturday, August 21, 10 am–5:00 pm**

**Day 2: Sunday, August 22, 10 am–5:00 pm**

To **register** for a private Radical Awakening session with Ramana-ji or weekend workshop, or for **more info** on the evening events, please email **Antoinette** at: [infobuffalo@radicalawakening.org](mailto:infobuffalo@radicalawakening.org) or phone her at **716-553-0404**. To find out more about Radical Awakening, Private Sessions, the workshops offered, or the next Pilgrimage to India, please visit: [www.radicalawakening.org](http://www.radicalawakening.org)



# Arunachala

Ancient literature, such as the Arunachala Puranas, speaks of the mountain in Southern India, Arunachala, as being the center of the universe and the Heart of Consciousness. This is a metaphor: it means Arunachala is a powerfully clear outward reflection of one's true inner self, which resides as love and pure consciousness in the heart of all beings.

For millennia Arunachala has been a magnet for fully-realized beings, to which they were irresistibly drawn and where they now remain forever present in spirit. Arunachala is thereby surrounded with the energy of scores of enlightened beings, emanating a powerful silent transmission which quiets the mind and opens the heart.

## [21-Day Pilgrimage to Arunachala India](#)

February 4 to 25, 2011

*There has never been a more important time for a complete shift in every aspect of our lives.*

Arunachala is a power center for opening the heart and quieting the mind, allowing the true Self to fully emerge. The Pilgrimage is a 'soft landing' into India, with all logistics and guidance taken care of for you. Included are satsangs, excursions to the local power spots, interviews/sittings with rishis, private sessions with Ramana-ji, and most importantly, being exposed to the power of Arunachala. Our next pilgrimage (in 2011) starts February 4 and concludes February 25. Spaces are limited, and the pilgrimage sometimes fills very quickly — early registration is recommended. For full details on the pilgrimage, pictures and logistics, please click [here](#) or write Ramana-ji directly at:

[ramananow@radicalawakening.org](mailto:ramananow@radicalawakening.org)

# Puja to Arunachala

Please join us for a special puja (a Hindu sacred ceremony) for the holy mountain of Arunachala, considered by many southern Indians to be one of the holiest and most powerful places on earth. It is said in the ancient Vedic texts that to speak of Arunachala purifies the tongue, to hear of it purifies the ear, to see it clears past life karmas. It is where Ramana Maharshi and hundreds of other fully realized beings were magnetically drawn to stay.



An aspect of Arunachala is its power to answer heart-felt prayers—as in the ancient Indian stories of the 'kalpataru,' or 'wish fulfilling tree.' In this special puja we will tune in to the mountain's powerful and silent transmission, as well as bring our wishes and prayers to be granted. This puja elicits a powerful sense of peace, well-being, devotion and fullness. In it is a deep surrender to Love. Bring a friend, an open heart, and a flower for offering.

**When:** Friday, August 20, 7:30–9:15 pm | **Where:** Lafayette Avenue Presbyterian Church, 875 Elmwood Avenue. | \$10

## **Private Radical Awakening and Heart Opening Sessions with Ramana-ji**

In a private session with Ramana-ji, you are brought into such a powerful place of awareness, something shifts so deeply in consciousness that things are never again perceived in the same way. Issues are viewed in the backdrop of heart and consciousness, which is realized as always present. The evenings and workshop further deepen and stabilize this shift.

Ramana-ji uses two biofeedback instruments, one measuring your level of consciousness, the other the coherence of your heart with your mind and body. The biofeedback indicates moment-to-moment changes, allowing every minute of the session to be used to deepen consciousness and heart. For more details, please click [here](#). Private 1½-hour Radical Awakening sessions with Ramana-ji: \$100. Follow-up 1-hour private sessions (includes follow-up from previous visits): \$80.

## **About Ramana-ji**

Ramana-ji was recognized by his master in India, H.W.L. Poonja (affectionately known as Papaji). Papaji endowed him with the name "Ramana" after his own beloved teacher, Sri Ramana Maharshi, and gave his blessing to Ramana-ji as a messenger of the Silent Transmission. He carries with him the energetic frequency of profound love and transformation. Ramana-ji has combined his years as a transpersonal psychotherapist with his studies of ancient Indian teachings, culminating in a stable and deep shift in consciousness which he calls "Radical Awakening." He and his wife Antoinette make their home at the holy sacred mountain Arunachala, India and in Western New York. Ramana-ji travels internationally and intimately shares his experience of the teachings of Papaji and Ramana Maharshi.

## **Scholarships and Discount Packages**

In an effort to make this work available for those whose priority is to deepen and stabilize the awakened state and Heart Consciousness in a concentrated period of time, these Combination Discounts are offered: Evening Pass: all 5 evening events: \$30 (must be purchased in advance). Private session + one day of Four Bodies of Consciousness Intensive = \$200. Private session + two days of Intensive = \$250; Half-price work scholarships for 2-Day Intensive (only) on first come, first served basis. Scholarships cannot be combined with combination discounts. Visa/Mastercard accepted.

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