

Sri Sakthi Amma's

Connect with the Divine Retreat

15-day intensive spiritual retreat, with Sri Narayani Puja Initiation (Deeksha)

Peedam, India

12 to 26 April 2019



"The ultimate purpose of the retreat is to create space and opportunity to connect with the Divine." Sri Sakthi Amma

Retreat Summary:

Through the grace and blessings of Sri Sakthi Amma, all devotees are invited to participate in this 15-day 'Connect with the Divine' intensive retreat.

By immersing into the Divine spiritual energy and environment of Peedam, and the ancient Vedic practices of mantra, pranayama, yoga, meditation and puja, participants will cultivate spiritual wisdom and a deeper connection with the Divine, under the guidance of Sri Sakthi Amma, the avatar of the Goddess Narayani.

A highlight of this intensive retreat, will be the opportunity to receive **Sri Narayani Puja Deeksha**, an initiation into the practice of puja offered to devotees through the empowerment and grace of Sri Sakthi Amma Narayani. All initiates will receive an individual Sri Narayani statue, which will be the first time Sri Narayani Devi statues will be made in accordance with Beloved Amma's design and intentions for the blessing and benefit of Her Devotees. These Narayani statues will only be made available for retreat participants.

A focus of the retreat classes, will be learning about spiritual practices to connect us with the Divine through our soul's energy utilizing puja, chanting, yantra, meditation and our intention, to heal ourselves and others. These practices have been given specifically by Sri Sakthi Amma, and will be taught to participants throughout the retreat.



Retreat Program:

Through the blessings and guidance of Sri Sakthi Amma, the retreat schedule will include opportunities to learn, practice and connect deeply with the Divine.

Morning practices

Our morning practices will include using the ancient yogic breathing techniques of Pranayama, enhanced through the use of a specific mantra given to retreat participants by Sri Sakthi Amma to cleanse and heal the body. We will then move into some gentle Asana Yoga movements, which not only brings the body, mind and soul into a meditative state, but can also help to relieve a number of health-related problems. As the body purifies and opens, be guided through a silent meditation to settle the mind, find inner peace and open the heart to the Divine connection.



Puja Classes *“Puja takes the soul closer to the Divine”*

The practice of puja is derived from the timeless Vedic wisdom, and refers to the actions and rituals of offering our love and devotion to the Divine. As we offer our devotion, we are actually purifying our self and connecting our consciousness with the Divine Consciousness.



During our puja classes, we will deepen our connection with this practice, and in particular with the **Sri Narayani Puja**, in preparation for the Deeksha. We will become familiar with the devotional ritual of Abhishekam (bathing of an enlivened deity) and practice the use of mantras during puja, to coalesce Divine vibrations.

The retreat location at Peedam, offers a truly unique opportunity, to learn about a range of Vedic pujas, such as Abhishekam, Yagam (fire), Ghopuja (cow) and Yantra puja, and then to also participate and experience the Divine energy of these in the temples of Peedam and Sripuram, as they are performed by Sri Sakthi Amma and the priests. This deep immersion in both the understanding and experiences of puja, provides an opportunity for us to open our heart, bring joy to our soul and connect to the Divine within.

Our retreat group will have the opportunity to see Amma performing the Narayani Abhishekam at Peedam, and also experience the various Peedam pujas, such as the Lakshmi Narayani Abhishekam, Sri Narayani Abhishekam, Sri Suktha Homam, GhoDharshan (cow feeding), Vishnu Abhishekam and a Full Moon Yagam during the retreat. Attendance at each of these pujas is included, with sponsorship available to those interested.



Wisdom Teachings

Over the past decades, devotees have been graced with the opportunities to listen to discourses given by Sri Sakthi Amma about many spiritual topics. Many of these discourses have now been published as the ‘*Connect with the Divine*’ books. During the retreat we will have daily sessions to explore a number of topics as guided by Amma.

Mantra Classes “Chants are the words and the voice of the Divine”

When we chant, the energy of the mantra awakens our soul, helping us to connect with the Divine. Chanting creates vibrations that react in our physical body and brings healing. It also creates positive energy in your surroundings which vibrates out to the world.

Each day, we will deepen our practice mantras, exploring the use of various Gayatri mantras, the Narayani moola mantra, as well as healing mantras given to us specifically from Sri Sakthi Amma for the retreat.

Guided Tours

In Peedam, there are many charitable projects that Amma has initiated that provide service to the local community and to achieving Amma’s mission to re-establish righteousness and lead mankind on the spiritual path.

Guided tours of these various projects will be included throughout the retreat, including visiting the Ghosala (cow temple), Green Sakthi, Nursing College, Sri Narayani Hospital & Research Centre, Peedam temples, the Sri Narayani Schools and of course the Sripuram Golden Temple.



Optional afternoon activities:

Amma has suggested some wonderful activities for our afternoon program, including learning about Ayurveda, and ayurvedic cooking, learning Peedam bhajans, booking in for an ayurvedic massage, participating in a restorative yoga session, or singing. These activities will be optional for those interested.

The Sri Narayani Puja Deeksha

Deeksha means ‘ignition’ and refers to an initiation from the Master to the student. Deeksha is like an ignition because we need the spark of the Master’s Sakthi (Divine energy) to ignite that potential within the student. So, through the Grace of the Sri Sakthi Amma, initiates will be given the power to perform the practice of Abhishekam for Sri Narayani Devi.



About Amma

Sri Sakthi AMMA is the Avatar of the Goddess Narayani. Devi Narayani has incarnated in this Kaliyuga (age of darkness) to help restore the balance of dharma and reconnect humankind to spirituality and their inherent Divinity. Goddess Narayani comprises the trimurti Durga Devi, Lakshmi Devi and Saraswati Devi.

Sri Sakthi AMMA’s mission is to lead humanity on the path of spirituality and to implement social welfare programs for the underprivileged and serve those in need.

Daily schedule

This retreat is a spiritual intensive. Each day will be highly scheduled to provide maximum opportunity for devotees to immerse themselves into the Divine connection.

A typical daily schedule will be:

6.30am	Walk of Sripuram Golden Temple
7.30am	Pranayama & Asana Yoga
8.15am	Meditation
8.45am	<i>Breakfast</i>
9.15am	Puja Session
10.30am	Morning break
11.00am	Guided tours of Peedam
12.00pm	Rest
1.00pm	<i>Lunch</i>
2.00pm	Wisdom Teaching
3.00pm	Afternoon break
3.30pm	Mantra Session
4.30pm	Afternoon activities (optional)
5.30pm	Rest
7.00pm	<i>Dinner</i>
7.30pm	Evening Puja with Sri Shakti Amma *
10.00pm	Bed



** The schedule will be modified when Amma's puja is during the day*

Retreat Location/ Facilities

The 'Connect with the Divine' retreat will be held at Sripuram/Peedam, Tamil Nadu, India.

We will be using the rooftop and the grounds of Sakthi Bhavan, the residence where Sakthi Amma lived for over a year performing many yagams, mantras and daily pujas. This facility is located within the grounds of the Sripuram temple complex and is surrounded by beautiful trees and much wildlife.

Retreat accommodation will be at Kamalanivas Guest House in twin-share rooms and will be limited to 50 people only. No single rooms are available.

Retreat Facilitators

Through the blessings and invitation of Sri Sakthi Amma, long term devotees who embody the teachings and practices will facilitate the retreat sessions. The April Retreat facilitators will be:



Jagatambe Narayani

Dr Jagatambe Narayani is an integrative clinical psychologist, wisdom teacher and expert healer, with over a decade of experience, who combines her training with the teachings and practices of Sri Sakthi Amma and her extensive wisdom of Vedic philosophy and Bhakti Yoga to provide deep transformation in a specialist supportive environment. Jagatambe has spent about half of the last 6 years living, studying and serving in Sri Sakthi Amma's

Peedam. Jagatambe has been leading and co-facilitating retreats in India and sacred sites around the world for many years.

Lou Plante



Lou is a trained yoga teacher, specialising in Traditional, Therapeutic and Nidra Yoga, with over 10 years experience. She is also a qualified Pranic Healer. Lou is currently living in Peedam, and conducts Yoga Teacher Training courses, Yoga Therapy workshops, Thai massage course as well as Yoga and Meditation retreats around the world. Lou integrates her extensive experience in the medical field, with her devotional connection to Sri Sakthi Amma's teachings and practices.

Food and dietary needs

All meals, drinks and snacks will follow a low spice, vegetarian, Indian menu. Most dietary needs can be accommodated with prior notice. Please ensure these are clearly specified at time of registration.

Retreat Inclusions

- A beautiful Narayani statue for the Sri Narayani Puja Deeksha
- All spiritual classes covering puja, mantra, and spiritual discourse topics from Amma's *Connect with the Divine* series
- Participation in Peedam pujas: Lakshmi Narayani Abishekam, Sri Narayani Abishekam, Sri Suktha Homam, GhoDharshan (cow feeding)
- Attendance at Vishnu Abishekam and Full Moon Yagam (sponsorships available)
- 14 nights (twin share) accommodation at Kamalanivas
- All meals: breakfast, lunch, dinner, morning & afternoon tea while at Peedam

Exclusions

The following items are NOT included, and are at participants own cost

- International/ domestic flights to arrive at Chennai
- Indian Visa
- Transport: to and from the airport
- Accommodation before or after the retreat nights
- Sponsorships for pujas not mentioned above
- Travel insurance (highly recommended)
- Meals other than those stated

Information regarding retreat flights—

The retreat begins on **Friday 12 April at 1pm**. All participants need to be at Peedam before this time. The retreat ends on **Friday 26 April at 11am**.

Transport to and from the Chennai airport can be arranged for participants at a cost of 3000 INR each way (small car). Please indicate on the registration form if required.

Inclusive Cost

The price for this Divineretreat package is **\$2700AUD (\$ 1920 USD)**

Full payment is required to secure your place in this retreat. Any cancellation will be non-refundable, but may be transferred to another person. As there is a limit of 50 people only for the retreat, a waiting list will be used once places are filled.

Ladies Holiday... special notes for women

Amma has provided advice during the retreat for ladies monthly period (ladies holiday). As it is "detoxification happening monthly in women's body", it is a time when going to temple and holy places is not permitted. The body is also very sensitive and it is therefore best to rest during this time.

#Note: This will particularly affect attendance at the retreat classes for the first 3 days of a cycle.

Day 1-3: Not to go to any temple or puja, including the Star Path, Ghoshala or food seva. This will include time we spend on retreat at Shakti Bhavan for classes.

Day 3: Attendance at Amma's puja when held in Shanti Mandapam only, is now allowed.

Day 4-5: Visiting temples is okay, but no seva inside temple.

Please keep these requirements in mind when you book for the retreat.

Registration Process

- This retreat will be filled on a 'first-come' basis (max 50 people only)
- To register, complete Registration Form A and email to **CWDretreats@sripuram.org**
- On receipt of your form, you will be allocated a registration number (which will be emailed to you within 2 days)
- A waiting list will be created for registrations beyond the max number
- Registrations close on 4 April 2019
- **Full payment is required by 4 April** to confirm your place in the retreat
- If payment is not made by this date, your place will be offered to the next person on the wait list

Click [HERE](#) to download Registration Form A

For further information, please contact:

Jan Carey

CWDRetreats Coordinator

CWDretreats@sripuram.org

In Amma's loving service