

# ATMA DARSHAN PROGRAMMES

2024

## 1. MEDITATION FOR GOD-EXPERIENCE & HEALING

*Feb 11 (For Laity, Priests & Religious)*

This meditation workshop consists of experiencing various meditation methods (Bible, nature, human body, creative visualisation, etc.)

## 2. VIPASSANA

*Feb 14 -25 (For people of all Religions)*

Vipassana is one of India's most ancient meditation techniques. It aims at the highest spiritual goals of liberation and enlightenment.

## 3. AGEING GRACEFULLY

*Feb 25 (For people of all Religions)*

Ageing gracefully is a deliberate choice one makes by accepting the demanding changes of this stage. Do you look forward to being happy in your senior years?

## 4. PSYCHO-SPIRITUAL INNER HEALING

*Mar 10 (For Laity, Priests & Religious)*

We are wounded to various degrees. Some get healed, but those who are not, go about hurting themselves and others. This retreat is aimed at helping the participants to heal their inner wounds.

## 5. COPING WITH STRESS & BURNOUT

*Mar 17 (For people of all Religions)*

The seminar will help one to detect the causes and effects of stress and how to deal with it.

## 6. PREACHED RETREAT

Mar 17-24 (*For Priests & Religious*)

## 7. PERSONAL TRANSFORMATION & COMMITMENT

May 5-31 (*For Priests & Religious*)

We embrace Religious/Priestly life to find our love and fulfilment in the person of Jesus, our community, and our mission. These good intentions however are often hindered by our shadows and blocks which we may be aware or unaware of.

This UNIQUE and RARE course will help the participants address the above realities through three modules:

Module 1: Psycho-Spiritual Awareness;

Module 2: Group Therapy;

Module 3: Directed Retreat.

## 8. INNER CHILD RETREAT

June 2-8 (*For Priests, Religious & Laity*)

Based on Biblical personalities, the retreat will help in the discovery of one's inner child and to develop an integrated personality.

## 9. NON-VIOLENT COMMUNICATION

June 9 (*For Laity, Priests & Religious*)

This workshop will help one to handle conflicts in one's family, community, parish and workplace in an adult and constructive way.

## 10. BASIC COUNSELLING SKILLS

June – Jan 2025 (*18 Saturdays, 9.30 am to 12.30 pm: For people of all Religions*)

## 11. MEDITATION FOR GOD- EXPERIENCE & HEALING

July 7 *(For Laity, Priests & Religious)*

(For details see # 1)

## 12. HANDLING OUR EMOTIONS

July 14 *(For People of all Religions)*

This seminar cum workshop is intended to help the participants to handle their emotions for better personal well-being and interpersonal relationships.

## 13. SKILLS IN COUNSELLING & SPIRITUAL DIRECTION

Aug 19-31 *(For Superiors, Formators & School Counsellors)*

This training programme is an attempt to build upon the insights from both Psychology and Spirituality in understanding self and guiding others.

## 14. PREACHED RETREAT

Sept 5 - 12 *(For Priests & Religious)*

## 15. RENEWAL PROGRAM FOR SILVER JUBILARIANS

Sept 22 - Oct 06 *(For Priests & Religious; 25 years in Priestly/Religious Life)*

This Seminar cum Retreat is aimed at energizing the spirits of the Silver Jubilarians so that they can carry on their life and mission with renewed strength and enthusiasm.

## 16. HEALING OUR HURT MEMORIES & LOSSES

Sept 29 *(For Laity, Priests & Religious)*

Facing our pain, and actively working towards healing is the only way to find our happiness and inner freedom.

## 17. EMPOWERMENT RETREAT FOR WIDOWS

Oct 11 - 13

This retreat aims to empower those women who have lost their spouses, to journey from helplessness to power, despair to hope, and loneliness to participation.

*(Resource Persons: Lorna D'Souza, Maryanne D'Mello, & Atma Darshan Team)*

## 18. PREACHED RETREAT

Oct 30 - Nov 6 *(For Priests & Religious)*

## 19. PSYCHO-SPIRITUAL INNER HEALING

Nov 9 -10 *(For Laity, Priests & Religious)*

*(For details see # 4)*

## 20. JOY TO THE WORLD

Dec 8 *(For Laity, Priests & Religious)*

It is a preparation to welcome the Prince of Peace and Joy, Jesus.

## 21. PREACHED RETREAT

Dec 26 - Jan 1, 2025 *(For Priests & Religious)*

## **GENERAL INFORMATION**

a) One-day Programs:

9.30 am to 5 pm (Lunch and tea will be provided).

b) Longer Duration Programs:

Arrival is on the evening of the first day. The program begins after supper (8.30 pm) and ends with lunch on the last day.