



Explorations towards a New Creation of the Self

Facilitator: Ameeta Mehra | Format: Self-directed, Self-reflective | Code: NCS
Weeks 30 to 42 | Diploma in Applied Integral Studies (Postgraduate level) (optional)

Course Brief: The aim is to create a new inner psychological foundation to better deal with problems/ issues of individual and societal progress. The course introduces ways to deepen, widen and intensify the consciousness through imagination, will, faith, trust and prayer.

Course Overview:

Units	Week
1. Developing the Faculty of Imagination as a Basis of New Creation	1-3
2. Understanding the Role of Faith and Trust in the Formative Power of Imagination	4-6
3. The Power of Will	7-9
Assimilation week	10
4. Aspiration and Desire – the need for Offering the Being	11-13
5. The Power of Prayer in the Illumination of Knowledge and the Removal of Obstructions	14-15
Minor Project – Creating a Road Map	16
6. Transformation of Character: Understanding Atavisms and the Role of the Subconscious	17-19
Assimilation week	20
7. Transformation of the Mental: Envisioning a New Future: the Limitation of Preconception and Prejudice	21-23
8. The Nature of the Body and the Need for its Perfection	24-25
9. Refinement and Culture of the Physical Consciousness	25-27
10. Transformation of The Self and Society: New Forms and Powers	28-29
Assimilation week	30
Major Project (Summative) (includes outline, first draft, final submission) *	31-42

* Recommended

AMEETA MEHRA has taught courses in Integral Yoga and Philosophy, Integral Education and Future Studies, since 1996. She is a renowned speaker and also a published writer with several books to her credit.



Ameeta graduated from Lady Shri Ram College, University of Delhi. She completed Management Education Programme from IIM-Ahmedabad (Gujarat), Equine Management from The Irish National Stud (Ireland) and Equine Nutrition from Kentucky (USA).

Ameeta went through an intensive study of Integral Yoga (of Sri Aurobindo and The Mother) for 12 years (1998-2000), under the guidance of Dr. Nirodbaran (literary secretary of Sri Aurobindo). She also served on the Governing Board of Auroville for several years.

Ameeta is the co-founding Trustee and Chairperson of The Gnostic Centre, and also heads one of India's top horse-breeding farms. At The Gnostic Centre, Ameeta teaches onsite as well as online courses, in Consciousness Studies, Integral Yoga and Philosophy, Integral Education and Future Studies. She has worked with several schools and colleges to train the faculty in meditation and growth of consciousness.