

"Awareness to Liberation"

Residential Retreat by Fr. Tony J. D'Souza, S.J.



TRUTH WILL SET US FREE

Retreat for Religious, Priests and People of all faiths

AWARENESS RETREAT FOR ALL

"Awareness to Liberation", a **Residential Retreat**, is offered to Priests, Religious and people of all faiths interested in deepening their spiritual and personal life through the awareness process. It is a unique approach that integrates the insights of psychology and spirituality of East and West. It is an invitation to explore one's life, using the tools of awareness. Each retreatant follows one's own path of truth. Truth is the Path that leads to Fullness of Life. Truth will set us free.

The eight-day Retreat process consists of initial input of psychospiritual framework that will help the participants to understand the inner dynamics of one's personal, interpersonal and social problems. Through exercises, meditations and inputs, each is enabled to experience greater inner freedom and joy.

This is a non-violent approach, which offers opportunities to understand oneself and discover one's being in depth, the spiritual/mystical dimension of one's life. Tools are offered to understand and deal with various aspects of life. These tools will help to continue the retreat as an ongoing process. The basic idea is to empower each one to deal with one's problems. Retreatants will be offered opportunities on a daily basis to clarify doubts and difficulties.

This retreat is just the beginning of a life-long process of mindful and choiceful living in freedom and joy that one undertakes with the light of truth within the security of God's love.

Frequently asked questions:

What do I need for the retreat?

Besides your presence, you keep at hand some writing material.

Who can attend this retreat?

Anyone who is an honest seeker. In the past retreats, we have had retreatants, young and old belonging to different religions. Though the focus will be on spirituality, retreatants will be invited to view different aspects of one's spiritual life and practices from a different perspective. There is a presupposition that each retreatant is choosing to participate freely and therefore will take personal responsibility to maintain the required discipline needed to experience the fruits of the retreat.

When does the retreat begin?

It will begin in the evening of the first day at 8:30 pm.

When does it end?

It will end in the evening of the seventh day.

What disposition do I need to have?

- You need the disposition of "truth" - truthful to oneself, most of all. In order to explore the truth about yourself, you need to be open and willing to commit yourself to the process.
- You need a willingness to question everything to find the truth that will lead to personal transformation.
- You are willing to set aside your traditional practices and give yourself totally to this process.
- You are willing to put aside all other activities to focus fully on the retreat.

What will the retreat consist of?

The retreat will consist of inputs, guided meditations, handouts with exercises and ample personal time for them. The overall goal is to empower you with tools that can be used even later after the retreat to continue on your own to deepen the transformative process.

RETREAT DETAILS:

Dates: 3rd November night to 10th November, 2024

Mode: Offline

Address: Premanjali Counselling Services, Taki Pada, Gass village, Nallasopara west, Palghar, Maharashtra 401203

Retreat Charges: Rs.7000/- inclusive of residential charges.
(Book your slot with a non-refundable deposit of Rs.500/-)

Account Details:

- **Account Name** – Loyola Social Welfare and Development Foundation - Premanjali
- **Bank Name** - Bassein Catholic Co-Operative Bank Ltd.(Branch – Gass)
- **Account No-** 021100100004802 (IFSC Code – BACB0000021)

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