



Non-Duality West: The Logos of your Heart

NEW DATES!! >>>

August 22-26, 2011

\$610/\$530 Commuter

Led by: **Olga Louchakova-Schwartz**

This retreat will have options for both advanced and beginning practitioners. The central theme of this retreat is Logos, the Divine intelligence of life which can be found in one's Spiritual Heart. We will use the Prayer of the Heart to access this spiritual force in the heart, and to learn directly from its wisdom. Even after a non-dual Realization or a deep communion with Divine, the patterns of destiny continue impacting one's relationship with the world, God and oneself. This retreat is especially recommended for those who want to

integrate non-duality and/or spirituality with personal growth, self-knowledge, and intuition of their individual, uniquely human features.

Purification of the Spiritual Heart enhances self-knowledge, brings up the direct intuition, expands consciousness, and leads to the gestalt of the non-dual awareness. Integration of the heart and the mind is the next step in this process, which leads to the discovery of individual Logos of Life. The retreat will include:

- Instructions in the Prayer of the Heart
- Guided and silent meditation
- Practice of awareness between thoughts
- Engagement with non-dual consciousness
- Readings and spiritual discourses
- There will be an option to work with sacred images
- Spiritual exercises integrating the heart and the mind.

Register at mercy-center.org/calendar.

CEU for nurses, marriage and family therapists, and social workers is pending.

Educational credit for ITP students available.

Olga Louchakova-Schwartz, M.D., Ph.D., is a spiritual teacher, medical doctor and neuroscientist. She is the founding Director of the Neurophenomenology Research Center at the Institute of Transpersonal Psychology, and the mandated teacher of Advaita Vedanta, Kundalini Yoga and Prayer of the Heart. Her original spiritual training comes from the Russian spiritual underground. She recently gave an invited lecture on the Logos of Life at the Pontifica University in Rome. She is an active participant in Muslim-Christian dialogue, and published numerous papers in spirituality, science and philosophy. Dr. Louchakova can be reached via email at info@hridayamyoga.org, or call 650-493-4430, ext.264.



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