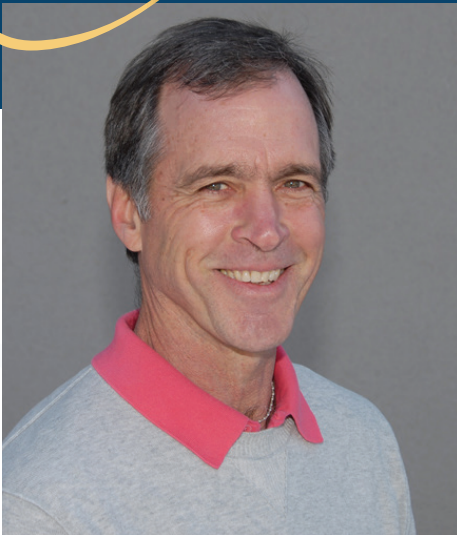


# Life AS A PLAY OF CONSCIOUSNESS

## PART ONE: ENJOYING THE PLAY



Dana Wilkinson has taught Yogic philosophy since 1978 when he was co-director of Baba Muktananda's Oakland Ashram.

For the past 20 years he has been a senior instructor at Shanti Mandir. Practical, direct and devotional, Dana delivers the essence of these great teachings with humor and humility.

**"In reality everything is a vibration of the Supreme Principle. If a person gives up his ego through right understanding, he naturally uplifts himself and becomes the true Absolute."**

Baba Muktananda

Kashmir Shaivism is not only the pinnacle of Vedic philosophy, it is a profoundly powerful yogic practice, crafted from the experience of the sages, to enable us to become aware of the highest truth as it exists in every moment and everywhere in our lives.

**SATURDAY, DECEMBER 21, 2019**  
**10:00 AM – 12:30 PM AT NAMASTE**  
**DONATION: \$25**  
**LUNCH INCLUDED**

In this first of a four-part series we will focus on the following:

1. The universe as an expression of pure consciousness and bliss.
2. The oneness in our world.
3. How to grasp this ever present Reality.

The morning will include talk, discussion and meditation techniques for gaining insight and joy. Suggested texts: *The Shiva Sutras*, *Pratyabhijna Hridayam*. However, no previous experience or study is required, but keen interest will be welcomed.



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